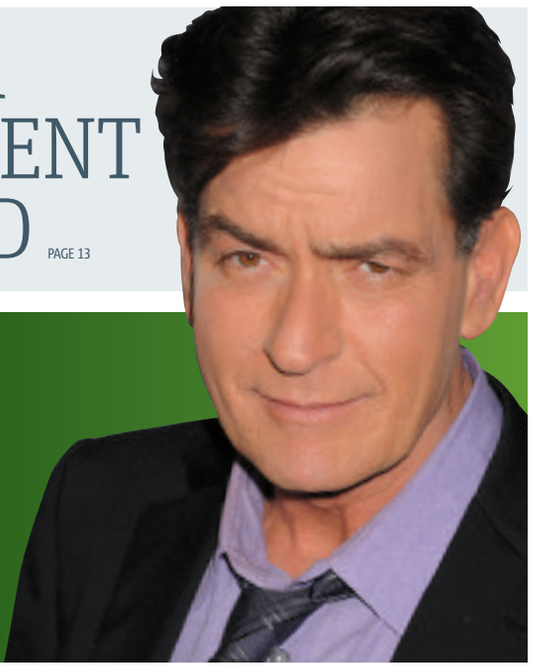
FILMS: CHARLIE SHEEN IS A DIFFERENT KIND OF PRESIDENT THAN HIS DAD EVER PLAYED PAGE 13



metro®
NEW YORK CITY'S #1 FREE DAILY NEWSPAPER
Monday, October 14, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

NOT FORGOTTEN

Cold case. Unable to identify a little girl found dead inside a cooler 22 years ago, police called her "Baby Hope." **Identified.** Thanks to a lone tipster, police finally learned her name: Anjelica. **Suspect.** The girl's cousin was charged this weekend with her murder. PAGE 02

This weekend, detectives were finally able to identify Baby Hope by her real name on the tombstone they purchased for her in 1991. / GWEN MCCLURE, METRO

Back to reality: Jets hit hard by Steelers

PAGE 23

How to tell a friend she needs to slim down

PAGE 15

Hunnam does not want to be in 'Showgirls'

PAGE 12

1 NEWS

Top 3

What's trending online at Metro.us

1 'Nerdy Netflix customer service chat log goes viral'

2 'Woman gets stuck on railroad bridge during Florida breast cancer walk'

3 'VIDEO: 2-year-old girl has special birthday message for her mom'

Quoted

"Jenny Hou does not deserve this ordeal and injustice she has been put through. I am very sad but even more angry at what has occurred."

John Liu, on the sentencing of his former aide in the FBI investigation into his mayoral campaign

Closure. A cousin of the little girl is charged with murdering her and leaving her in a cooler 22 years ago.

'Baby Hope' mystery finally laid to rest

Evelyn Troffo, from Westchester, stopped to read Baby Hope's new nameplate declaring her to be Anjelica Castillo. / GWEN MCCLURE, METRO

More than two decades ago, detectives referred to an unidentified young girl by the feeling that drove them to pursue her murderer until the case was solved: "Baby Hope."

And now, the child found dead in a cooler on an embankment of the Henry Hudson Parkway on July 23, 1991, finally has a real name: Anjelica Castillo.

New developments were set in motion by a tipster this summer, Police Commissioner Ray Kelly said.

On the anniversary of the day her body was discovered, as they have every year, Cold Case detectives passed out flyers and renewed calls for information near the parkway's Dyckman Street exit.

After the latest outreach, a call to the NYPD's Crime Stoppers hotline contained a tip that led to a woman who turned out to be Baby Hope's sister.

Police were then able to identify Baby Hope's mother and match her DNA to that of the little girl.

That match came just this month, triggering a flurry of leads and developments through a collaboration between the Manhattan District Attorney's office and the NYPD.

Within about 10 days, that DNA match both spurred and concluded a complex and fast-paced investigation.

Tracing Baby Hope's family tree to Mexico, investigators identified and interviewed relatives of her parents. They created a detailed timeline of her short life, from her birth at Elmhurst Hospital in Queens in April 1987 to the discovery of her body four years later.

The smallest shreds of information were seized on by various entities, including the Real Time Crime Center, the Crime Stoppers hotline and an NYPD Intelligence Division analyst on loan to the Cold Case Squad. Partial names were run, while new addresses were obtained and fired off to detectives pounding the pavement.

They identified a cousin of Castillo as their suspect, 52-year-old Bronx resident Conrado Juarez. Juarez's daughter first told detectives that he had been in Mexico for the last 12 years. But his wife said last Friday that he had to gone to work at a restaurant in Manhattan that morning.

Investigators found him near the restaurant that afternoon and "convinced him to talk with them," Kelly said.

By early Saturday morning, Juarez had confessed, Kelly said.

The detectives on the case had worked 60 hours straight as the final pieces fell into place, NYPD spokesman John McCarthy said.

"They couldn't walk away from it," McCarthy said.

Baby Hope always had that effect on law enforcement: Detectives who worked the case when she was found paid for a proper mass and burial for her in 1991, purchasing a tombstone that reads "Because We Care."

Over the years, the detectives visited her grave, sometimes leaving little mementos — and sometimes checking mementos left behind, for possible clues or even fingerprints.

In a poignant twist, the assistant district attorney who was sent to the embankment in Upper Manhattan that July day in 1991 is now the head of the District Attorney's Cold Case Unit: Melissa Mourges has been with Baby Hope since arriving to find her in that blue-and-white cooler 22 years ago.

Manhattan District Attorney Cyrus Vance heralded Mourges' work as "instrumental" in levying murder charges against Juarez.

At his arraignment, Mourges described to the judge how Juarez, then the little girl's 30-year-old cousin, sexually assaulted her and smothered her with a pillow. Then, with the help of his now-deceased sister, Juarez folded the child's body in half, wrapped her in a garbage bag and stuffed her in the cooler, scattering soda cans on top of her body, Mourges said.

The brother and sister took a livery cab to Manhattan and left the cooler in a wooded area, Kelly said.

"They then separated and Juarez returned to the Bronx, and his sister to Queens, never to speak of the heinous act again — until the NYPD investigators, through their relentless investigation, caught up with Juarez," Kelly said. "Today, NYPD investigators have given young Anjelica her due justice."

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

The investigation timeline

- The body of a little girl is found by construction workers in a cooler by the Henry Hudson Parkway on July 23, 1991.
- Unable to identify the child, investigators name her Baby Hope. Detectives on the case pay for a tombstone and a proper burial.
- Every year on the anniversary of the discovery of her body, detectives put out new calls for information about Baby Hope.
- After this summer's renewed call, a tipster to the NYPD's Crime Stoppers hotline offers information leading to Baby Hope's sister.
- That discovery leads investigators to Baby Hope's mother. In early October, the Office of the Chief Medical Examiner informed investigators the mother's DNA matches that of Baby Hope. Baby Hope is finally identified as Anjelica Castillo.

- A fast-moving investigation spanning a little over a week leads investigators to Conrado Juarez, a cousin of Anjelica Castillo.
- On Oct. 11, detectives track down Juarez to the restaurant where he works. Hours later, he confesses to sexually assaulting the little girl and smothering her to death with a pillow 22 years prior.

Quoted

"Cold cases are not forgotten cases."

Manhattan District Attorney Cyrus R. Vance Jr.

Watch to Win

THE QUEEN LATIFAH SHOW

Watch for a chance to win $1055 tonight 7pm

WLNY 10 55

For complete rules visit wlnytv.com

Say Goodbye to Painful Varicose Veins!

Do you suffer from:

- Varicose Veins • Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots

You may have a serious medical condition, called Venous insufficiency.

USA Vein Clinics Will Help!

With a non-surgical, minimally invasive and painless procedure, that takes only 15 minutes! Covered by Medicare and most insurance plans up to 100%!

USA Vein Clinics

Call 718.732.0231
www.USAVeinClinics.com

1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375
766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724

You Don't Have to Live With Varicose Veins

Eliminate painful, unsightly varicose veins, skin changes or even ulcers with Endovenous Laser Therapy (EVLT).

Advantages of Endovenous Laser Therapy (EVLT):

- Relief of Symptoms and leg pain
- Short procedure (15 minutes)
- No Surgery • No down time
- No general anesthesia
- No hospitalization required. The procedure is performed at out clinic
- Resumption of normal activities right away
- Covered by Medicare and most insurance plans

Do Not Postpone Treatment

Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles.

They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling (718) 732-0231

Statue reopens with state funds

She's back. Closed for 12 days by the government shutdown, the Statue of Liberty reopened yesterday.

New York state will pay the federal government $61,600 each day to fund operations for the Statue of Liberty, officials announced this weekend.

"It's probably the most profound symbol for freedom and democracy," Gov. Andrew Cuomo said yesterday. "We're not going to let that message cease operation."

Cuomo said the state is prepared to keep the park open until the shutdown is over.

Funding the park is in the state's best interest because the closure has threatened jobs and caused "untold millions of dollars in damage" to the city's tourism industry, Cuomo said.

The 12-day shutdown was particularly brutal following an eight-month closure after Superstorm Sandy.

Sales have dropped nearly 70 percent this year, said Bradford A. Hill, the president of Evelyn Hill, Inc., which manages Liberty Island concessions.

"After surviving a natural disaster, we were once again struggling to survive," Hill said.

Gov. Cuomo speaks on Sunday. OFFICE OF THE GOVERNOR

ANNA SANDERS
anna.sanders@metro.us

Names added to Memorial Wall

Mayor Michael Bloomberg and Police Commissioner Ray Kelly added the names of six members of the NYPD to the Police Memorial Wall in Battery Park this weekend. Five of the service members added died of 9/11-related illnesses. / COURTESY OF THE NYPD

Manslaughter

Drunk driver kills boy: NYPD

A drunk driver was charged with manslaughter after slamming into a young pedestrian just a month from his third birthday, the NYPD reported.

Jaied Figueroa, 2, was crossing Junction Boulevard with his 23-year-old mother in Queens around 9:50 p.m. Friday when a white SUV hit him, police said.

Police said the driver, 35-year-old Gilbert Echeverria, rushed the boy and his mother to Booth Memorial Hospital, where Figueroa was pronounced dead.

Echeverria was charged with vehicular manslaughter, criminally negligent homicide and driving while intoxicated. **ANNA SANDERS**

Unpaid interns

De Blasio questions sex harassment ruling

Bill de Blasio disputed the ruling that unpaid interns can't sue for sexual harassment, saying, "No one should ever be denied protection against sexual harassment in the workplace." **EMILY JOHNSON**

MTA .info

Weeknight Service Changes

E F M R

October 14 – 18
10PM to 5AM, Monday to Friday

No E trains between Roosevelt Av and World Trade Center.
No F trains between Roosevelt Av and 21 St-Queensbridge.
M service ends early between 71 Av and Myrtle Av each night.
R service ends early between 71 Av and Whitehall St each night.

Travel Alternatives:

- Take the 7 between Manhattan and 74 St/Roosevelt Av or Queensboro Plaza.
- Take the N between Manhattan and Queensboro Plaza.
- In Manhattan, transfer at 5 Av/42 St-Bryant Pk 7 F, Times Sq-42 St/42 St-Port Authority 7 A, and 34 St-Herald Sq F N.
- In Manhattan along 8 Avenue, take the A Local instead of the E.
- Free shuttle buses run LOCAL between Queensboro Plaza and 74 St/Roosevelt Av making station stops at Queens Plaza, 36 St, Steinway St, 46 St, Northern Blvd, and 65 St.
- In Queens, transfer between shuttle buses and trains at 74 St/Roosevelt Av 7 E F or Queensboro Plaza 7 N.

Stay Informed

We understand the inconvenience this may cause you, and we will do everything possible to help you get to your destination safely and easily. For updated information, look for station posters, visit mta.info to sign up for free email or text message alerts, or call 511.

FASTRACK

2013 Metropolitan Transportation Authority

Giffords tours upstate New York gun show

Arms. Former Rep. Gabrielle Giffords went to her first gun show since being shot in 2011.

In an effort to highlight state background check provisions, New York Attorney General Eric Schneiderman joined former Rep. Gabrielle Giffords at the Saratoga Springs Arms Fair Sunday.

New York's Model Gun Show procedures ease the burden on dealers in conducting background checks required by the state and require show operators to tighten security measures. Roughly 80 percent of the state's gun show operators have signed them.

Giffords and her husband, Capt. Mark Kelly, formed Americans for Responsible Solutions on the second anniversary of the Tucson shooting that nearly took her life. Jared Lee Loughner, serving multiple life sentences for killing six in the shooting, is believed to have mental problems.

The couple lauded the attorney general's gun show procedures.

"The state's model helps keep guns out of the hands of people who shouldn't have them — like criminals and the dangerously mentally ill — without infringing on our Second Amendment rights," Kelly said.

Giffords, center, called for safe ownership at the gun show. / REUTERS

ANNA SANDERS
anna.sanders@metro.us

Our window is stronger than it has to be.

We test it to withstand...

120 mph whipping winds...
-20° Arctic temperatures...
and 8" of soaking rain an hour

- As the **replacement window division of Andersen,** we promise you a window that's been tested to last.*
- You only want to do this job once, so we made our windows' Fibrex® material **twice as strong as vinyl.**

Offer ENDS October 20th

5 YEARS NO INTEREST[1]

OR

SAVE 20% ON WINDOWS & INSTALLATION[1]

With our Instant Product Rewards Plan. Offer expires: 10/20/13

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

Call for your FREE Window Diagnosis
1-800-357-3815

[1]Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, discount applied by retailer representative at time of contract execution and applies to minimum purchase of 5 or more windows. Offer does not include bay/bow windows. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 10/20/13, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 60 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 60 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. *A PG25 pressure differential applied to the windows (48" x 48" size) in the lab on structural test only. Most Renewal by Andersen double-hung, picture and casement windows meet this structural performance. Temperature performance tested in differential chamber. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2013 Andersen Corporation. All rights reserved. ©2013 Lead Surge LLC. All rights reserved. *See limited warranty for details.

To get a 'get'

Rabbis arrested in torture plot

Two New York rabbis plotted to kidnap and torture Jewish men to force them to divorce their wives, according to the FBI.

Rabbi Mendel Epstein, 68, of Brooklyn and Rabbi Martin Wolmark, 55, of Monsey, charged Jewish women thousands of dollars to obtain religious divorces, known as "gets," from reluctant husbands, the FBI said. **LAURA SHIN**

Guilty

Bike gang boss gets 25

The 63-year-old head of a Bronx motorcycle club was convicted of attempted murder on Friday for shooting a man who urinated on his friend's bike outside of a Bronx bar.

Elvio Feola, who in his capacity as president of the Bronx chapter of the Satan's Soldiers biker club was known as "Spike," faces up to 25 years in prison for attempted murder. He faces an additional 15 years for weapons possession. **EMILY JOHNSON**

Is that Captain Jack Sparrow on a smartphone?

Nope — just another creative attendee at this weekend's New York Comic Con 2013. The convention drew hundreds of fantasy movie and video game celebrities and costumed characters to Manhattan's Jacob Javits Center. / FILMMAGIC

Senate leaders meet as fiscal deadline nears

Government shutdown. Sen. Durbin called talks a "breakthrough" but was cautious.

U.S. lawmakers voiced tentative optimism yesterday that fiscal crisis talks between Senate leaders would pave the way to a deal to avert a government default and reopen the government, but Democrats and Republicans remained far apart on details.

As the clock ticked down to a Thursday deadline for raising the U.S. debt ceiling, necessary to avoid a possible government default that would roil world financial markets, both Democratic and Republican senators said the fact their leaders were meeting represented progress.

Durbin was on "Meet the Press" yesterday. / GETTY IMAGES

"It's a breakthrough. Hard to imagine, but it's a breakthrough," Dick Durbin, the second-ranking Democrat in the Senate, told NBC's "Meet the Press" program.

"The conversation that started yesterday between Sen. [Mitch] McConnell — the Republican Senate leader — and Sen. [Harry] Reid I think has the promise of finding a solution," he said.

Reid, the Senate majority leader, and McConnell held an initial session on Saturday and had agreed to meet again yesterday.

Saturday's meeting, however, failed to dispel uncertainty about their ability to reach an agreement quickly.

Durbin offered no concrete reason for optimism, stressing the dire consequences of failure and his hope that "sensible people prevail."

"I don't want to be overly optimistic, but there's a lot at stake," said the Illinois Democrat. **REUTERS**

Where's Biden?

Obama quiet on debt talks

President Barack Obama stayed out of the public eye yesterday as Senate leaders tried to work out an elusive deal ahead of a Thursday deadline for lifting the U.S. government debt ceiling.

Just before noon, the White House gave the pool of reporters and photographers who travel with the president notice it would be highly unlikely Obama would leave the White House or speak publicly for the rest of the day. **REUTERS**

Quoted

"Maybe we need to get Joe Biden out of the witness protection program."

Sen. John McCain
On the vice president, who was vacationing at Camp David

Debt relief. Sen. Reid: Republicans working to extend borrowing

Senate Majority Leader Harry Reid said he would work throughout the day yesterday with Senate Republican leader Mitch McConnell to get a deal to reopen the government and extend U.S. borrowing authority.

Reid, speaking on the Senate floor, also denied Republican charges that Democrats were trying to exceed spending caps from a 2011 budget law in the talks, adding that they were willing to support current levels through Nov. 15. But in talks about a longer extension of government funding, Democrats have insisted on some relief from the across-the-board "sequester" spending cuts.

"I'm confident that Republicans will allow the government to open and extend the ability of this country to pay its bills," Reid said. **REUTERS**

Reid, right, is working with Republican colleagues to open the government again. / GETTY IMAGES

90 mins. to NYC! – Most Trusted Poconos Builder! Rents are rising, so

Stop Renting, Start Owning!

Best home selection in the Poconos

Act now and get $5,000 toward Closing Costs!

Our prices include EVERYTHING! Including permitting, water and sewer, etc.

The Heritage $283,500 Complete
$12,500 DOWN PAYMENT $2,171* per month pays all including principal, interest, taxes and insurance!.
• 4 bedrooms • 2 1/2 baths • Loft • Dining Rm • Living Rm • Huge Kitchen • 2 car Garage • Central Air & Heat • Jetted Tub • Large Yard • Landscaping • 3,392 Sq. Ft.

The Millburn $194,500 Complete
$6,808 DOWN PAYMENT $1,589* per month pays all, including principal, interest taxes and insurance!
• 3 or 4 large bedrooms • 2 1/2 baths • Liiving Rm • Dining Rm • Central Air & Heat • Deck • Fireplace • Covered Front Porch • Large Yard • 2,393 Sq. Ft.

CLASSIC QUALITY HOMES

Call Toll Free
1-800-276-4000
www.classicqualityhomes.com
Hours: Mon. thru Sat. 9am to 5pm

* Monthly payments based on FHA 30 yr. fixed interest rate of 4,3% with 4.8% APR with a finance cap of $271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available

Today's winner

There is still time to vote for your favorite entry in the Metro Photo Challenge. Go to **www.metrophotochallenge.com.**

'Philadelphia zoo reflections'
Rei Caparros, Philadelphia, Category: Sight

Inmates

Execution drugs mixed by pharmacies draw challenges from death row

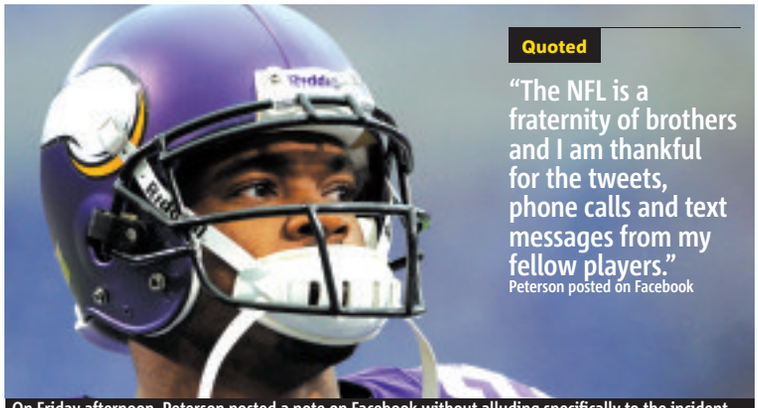
Several U.S. states are turning to lightly regulated pharmacies for lethal injection drugs, prompting a host of court battles and at least one stay of execution because of concerns that tainted or impure drugs could inflict cruel and unusual punishment on inmates.

The scramble for alternative supplies comes as major pharmaceutical companies have clamped down on sales of drugs for executions in recent years in order to avoid association with the punishment.

REUTERS

Days after son's death, Peterson back on field

Alleged abuse.
MVP's 2-year-old was allegedly beaten to death.



Quoted

"The NFL is a fraternity of brothers and I am thankful for the tweets, phone calls and text messages from my fellow players."
Peterson posted on Facebook

On Friday afternoon, Peterson posted a note on Facebook without alluding specifically to the incident, saying: "Thank you to my family, my fans and fans of other teams for their support." / GETTY IMAGES

The National Football League's Most Valuable Player, Adrian Peterson, received hugs from his Minnesota Vikings teammates yesterday before taking the field to play against the Carolina Panthers just days after his 2-year-old son was allegedly beaten to death.

In a text to Fox Sports, Peterson said that he believes "God wants good to come from" him persevering through tragedy to play.

"My brother passed the night before the combine and I decided to go through with it. The same reason why I will play this week. You may ask why? God wants good to come from it," Peterson said. "We mourn and grieve but heaven had the baddest welcoming party for my son. That knowledge gives me peace.

"I'm still hurt and feel the pain of life, but I'm able to function because of the peace and joy of knowing my loved ones are in a much better place."

Sioux Falls police said on Friday said the boy died after suffering head injuries on Wednesday, adding that doctors at the hospital where the child was taken said they believed the injuries were caused by abuse.

South Dakota officials said earlier on Friday that a 27-year-old man, a friend of the boy's mother, had been charged with aggravated battery and aggravated assault on accusations of abusing a 2-year-old boy.

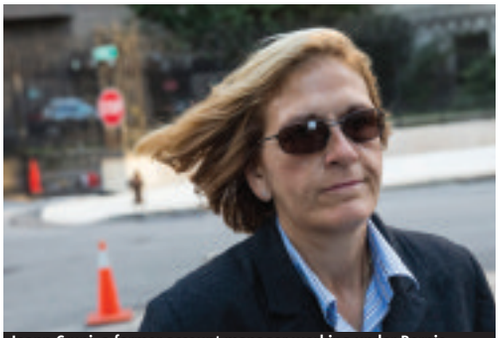
Police said the man, Joseph Patterson, will face additional charges. Patterson is being held on a $750,000 cash bond, according to police.

METRO, REUTERS

Scan to Win!
"You too can have a Natural Gorgeous sexy Smile for as low as $99/month by NEW 3D imaging CAD/CAM Laser @ Relaxing Holistic Park Ave Dental Spa!*
Dental Plan: Reduced to only $20 per month!
"I had a Quick, Comfortable, Pleasant visit"
Call 212-779-3493 24/7
Book www.SmileArtistNY.com
50% off ends 10/31/13 Enter to Win!
invisalign Express For $1999
Straight Teeth in 5 months, No Braces!* OR
FAST instant Braces for $99/month*
Implants/2 visit Extreme Smile MakeOver
Proven Laser * Dentistry
BEST Fees & Quality Guaranteed on all procedures as low as $999
ZOOM! Whitening
Save
Now Only $199 – Exam/Cleaning $49
snap on smile
or
Natural Strong Dentures as low as $999
LUMINEERS BY CERINATE
Discover Porcelain Veneers
Natural Veneers as low as $999
CEREC One-visit dentistry
Whiten all Silver Fillings/ as low as $999
1
2
3
4
5
6
Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis, Laser Dentistry, and 500+ other treatments.
*Promotions end 10/31/13. Must qualify. Limitations apply. Not all patients qualify for the same treatments.

Who has time to judge Madoff's associates?

White-collar crime. The government is having a hard time finding jurors able to surrender six months of work.



Joann Crupi, a former account manager working under Bernie Madoff, arrives at federal court for trial on Oct. 8. / GETTY IMAGES

It is hard enough to seat an impartial jury in a case stemming from the biggest Ponzi scheme in history.

But lawyers on both sides of the trial of five former employees of Bernard Madoff are grappling with what may be an even tougher challenge. They must find jurors willing and able to put their lives on hold for nearly half a year.

With so many defendants and so much evidence to present, prosecutors have said the trial could last five months, a fact that has weighed heavily on jury selection, which ran for three days last week and continues tomorrow.

Even before that, U.S. District Judge Laura Taylor Swain requested a pool of about 400 people, an unusually high number, from which to select 12 jurors and six alternates.

Jury experts and trial veterans said a trial of such length significantly trims the potential pool and can lead to a jury that slews heavily toward the retired, the unemployed and people who work for the government or big companies, which pay employees on jury duty, with unknown effects on verdicts.

"They're in a job where losing half a year doesn't worry them," said Arthur Patterson, a senior vice president with DecisionQuest, a jury consulting firm. REUTERS

Sit and relax

Self-employed shut out of trial

The self-employed, people who own or work for small businesses and those who care for other family members can all run into difficulties in a long trial.

"There are whole groups of people who are going to claim this would be a hardship and will not sit," said Andrew Lawler, a defense attorney. "I think the judge will be sympathetic to anyone who says they can't sit for five months."

Tech. Cyber warrior shortage hits fight back against hackers

For the governments and corporations facing increasing computer attacks, the biggest challenge is finding the right cyber warriors to fight back.

Hostile computer activity from spies, saboteurs, competitors and criminals has spawned a growing industry of corporate defenders who can attract the best talent from government cyber units.

The U.S. military's Cyber Command is due to quadruple in size by 2015 with 4,000 new personnel, while Britain announced a new Joint Cyber Reserve last month.

But demand for specialists has far outpaced those qualified to do the job, leading to a staffing crunch as talent is poached by competitors offering big salaries.

"As with anything, it really comes down to human capital and there simply isn't enough of it," says Chris Finan, White House director for cyber security from 2011-12, who is now a senior fellow at the Truman National Security Project and working for a startup in Silicon Valley.

"They will choose where they work based on salary, lifestyle and the lack of an interfering bureaucracy and that makes it particularly hard to get them into government." REUTERS

Quoted

"It's going to be like the creation of the air force — a process of several decades getting the right people and structures."

Colonel Gregory Conti, head of the cyber Security Department at the U.S. Military Academy

Financial Success Is An Option!

FREE GIFT
Just for Attending!

YOUR "DRIVE" FOR STOCK TRADING SUCCESS
Tools to Help You Trade Smarter – Better - Safer
A 2.0 GB USB drive loaded with valuable financial information from the archives of Investor's Business Daily.

INVESTOR'S BUSINESS DAILY®
REAL OPTIONS MASTERS™

Discover the Power of Being a Self-Directed Trader at a
FREE Half-Day "Mastering The Market" Workshop
Coming to Stamford, CT on Oct 26th and New York City on Oct 27th

What if there was a way to decrease the risk of trading stocks in today's market while simultaneously increasing your potential rewards? What if there was a way to generate cash flow from the very volatility of the market itself? There is! It's called STOCK OPTIONS!

Options Can Make Trading Less Risky – Not More

Some "experts" will tell you that stock options are too risky. That's nonsense. With proper education and used correctly, options can carry less risk, yet reap higher potential rewards.

Real Strategies – Real Training – Real Results

Our Mastering the Market Workshop will show you how you can:

- Control Stocks for a Fraction of Their Prices
- Make Money on Stocks You Don't Even Own
- Adjust Trades Already in Progress to Reduce or Eliminate Losses
- And Much, Much More!

Attend The FREE Mastering The Market Workshop

Coming to Stamford, CT on Oct 26th and New York City on Oct 27th

Register Online at www.MasterOptionsNow.com
or call 1-888-844-4268

Additional Products and Services Will Be Offered For Sale.

© 2013 Rich Dad Education. All rights reserved. The Rich Dad word mark and logos are owned by Rich Dad Operating Co., LLC and any such use is under license. Investor's Business Daily, IBD and corresponding logos are registered trademarks owned by Investor's Business Daily. The company is not a registered investment advisor or broker-dealer. Stocks and options trading have large potential rewards but also involve large potential risks. The educational training program provided hereunder is not designed or intended to qualify students for employment. Our curriculum is avocational in nature and is intended for the purpose of the accumulation of wealth by, and the personal enrichment, development and enjoyment of, our students. 13IBD0057 10-13

NYACK
New York's Christian College
COME VISIT US AT OUR NEW HOME
2 Washington Street, near Battery Park
• Accelerated Degree Completion Program
• Bachelors Degrees (38 majors)
• Alliance Theological Seminary
• MA in Counseling or Marriage & Family
• MS in Organizational Leadership (finish in as little as 12 months)
• MBA (finish in as little as 16 months)
• MS in Childhood Education, Childhood Special Education
New Programs. New Opportunities. New York's Christian College.
JOIN US AT OUR OPEN HOUSE
Saturday, October 19th at 11:00am
2 Washington St, New York NY 10004
For more information call: 877-626-2236
or visit us at: www.nyack.edu
Nyack, NY • New York, NY
www.nyack.edu
www.facebook.com/nyackcollege

An Indian woman carries empty water pots at the fisherman's colony in Gopalpur where Cyclone Phailin slammed into the coast this weekend. / GETTY IMAGES

Evacuations save lives in India cyclone

Loss of life. Deaths were cut drastically thanks to new precautions.

A mass evacuation saved thousands of people from India's fiercest cyclone in 14 years, but aid workers warned a million would need help after their homes and livelihoods were destroyed.

Cyclone Phailin was expected to dissipate within 36 hours, losing momentum yesterday as it headed inland after making landfall from the Bay of Bengal, bringing winds of more than 125 mph that ripped apart thatched huts, mangled power lines and tore down trees.

Authorities in the eastern state of Odisha said the death toll stood at 15 people, all killed as the storm slammed in. Most died under falling trees and one was crushed by the walls of her mud hut.

The low number of casualties stands in contrast to the 10,000 killed by Odisha's last big cyclone in 1999.

The building of hundreds of shelters since, warnings that started five days before the storm and mass evacuations — often by force — minimized loss of life, aid officials said. REUTERS

Stampede

Scores killed at celebration

A stampede at a bridge leading to a remote Hindu temple in central India on Sunday killed at least 89 people and injured more than 100, police said.

Nearly 150,000 devotees gathered to celebrate the holy festival of Dussehra at the Ratangarh temple, in a forest outside of Datia, when the railings broke on a bridge that led to the temple. REUTERS

New York City's Premiere
Medi-Spa and Wellness Center
manhattan total health
SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY
Grand Central: 144 E. 44th St., 6th Fl. New York, NY 10017 (212) 905-0090
Midtown: 22 E. 49th St., 5th Fl. New York, NY 10017 (212) 832-9127
West Side: 57 W. 57th St., Ste. 1012 New York, NY 10019 (212) 906-0140
Wall Street: 39 Broadway, Ste. 610 New York, NY 10006 (212) 514-5868
www.manhattantotalhealth.com

MEDICAL ASSISTING
Medical Assisting Associate's Degree, Clinical Medical Assisting Certificate or Medical Office Assisting Certificate
Financial Aid & Scholarships available for those who qualify
CALL TODAY
(866) 688-3018 mildred-elley.edu
GI Bill Approved
Accredited Member, ACICS
25 Broadway, Floor 16
New York, NY
MILDRED ELLEY
A career college in NYC
The Power to Change Your Life
For program details and disclosures visit mildred-elley.edu/disclosures
NO GED? NO PROBLEM!
Get your Medical Assisting, Business Management or Paralegal Studies Degree and your high school equivalency diploma at the same time.
ENROLL TODAY!
(866) 210-1579 mildred-elley.edu
GI Bill Approved
Accredited Member, ACICS
25 Broadway, Floor 16
New York, NY
MILDRED ELLEY
A career college in NYC
The Power to Change Your Life
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures
MILDRED ELLEY NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154 MILDRED ELLEY

At rival schools, football is not an elective

See more at www.metro.us

The Notre Dame Fighting Irish battle the USC Trojans. / GETTY IMAGES

Campus life. Academics come first, but a big part of the postsecondary school experience is supporting your team on the field.

Who's ready for some football? Along with the start of a new semester, fall means a chance for students to bond with their peers and foster school spirit by supporting their campus football team. Let's take a look at a few of our nation's most intense rivalries.

USC vs. Notre Dame

Oct. 19. When the Fighting Irish take on the Trojans this year in South Bend, Ind., they'll be defending their emerald-studded shamrock from last year's victory on the Jeweled Shillelagh — that is, the trophy awarded to the winning team each year. (And whenever USC nabs a win, a ruby-decorated Trojan head is added.) It's no wonder why this game is revered. Both teams have produced national titles, Heisman trophy winners, All-Americans, College Football Hall of Famers and NFL Hall of Famers.

Lafayette vs. Lehigh

Nov. 23. Sure, these academic powerhouses in Pennsylvania may not exactly participate in the Rose Bowl, but Lafayette College and Lehigh University claim bragging rights to the most-played rivalry in the nation. Plus, it's the longest uninterrupted annual rivalry series, dating back to 1884. As a scintillating treat next year when the Leopards meet the Mountain Hawks, they'll celebrate their 150th matchup by competing at Yankee Stadium.

Auburn vs. Alabama

Nov. 30. Every year when the University of Alabama's Crimson Tide take on the Auburn University Tigers, it's an exciting rivalry. Dubbed "the Iron Bowl" due to Birmingham's historic role in the steel industry, perhaps the most memorable moment occurred in 1972 when Bama led 16-0 only to see their lead get obliterated as Auburn scored 17 points in the fourth quarter to claim victory.

Michigan vs. Ohio State

Nov. 30. Known as simply "the Game," these Big 10 rivals are certainly no slouches on the field or in the stands. The Wolverines and the Buckeyes, respectively, have clashed ever since 1897 when Michigan started a consecutive winning streak that lasted until 1912. The rivalry is so colorful and intense that it caught the eye of HBO for the network's first college football documentary, appropriately called "Michigan vs. Ohio State: The Rivalry."

Army vs. Navy

Dec. 14. The Black Knights and Midshipmen, synonymous with the Army and Navy, have been competing since 1890. It all began when Cadet Dennis Mahan Michie accepted a challenge from the Naval Academy to face off at West Point. And the rest, as they say, is history. In fact, the backstory about the military teams with mutual respect is told in "Gridiron Glory: The Story of the Army-Navy Football Rivalry."

VICKI SALEMI
letters@metro.us

Holy grail

College rivalry trophies

- **Commonwealth Cup:** The victor of the Virginia vs. Virginia Tech game takes home a cup constructed of marble and cherry wood with the scores of all the games in their meet-ups.
- **Old Oaken Bucket:** Either the Indiana Hoosiers or the Purdue Boilermakers claim this traveling trophy.
- **Old Wagon Wheel:** The BYU-Utah State rivalry dates back to 1948 when they started competing for the wagon wheel.
- **Paul Bunyan Trophy:** The Michigan vs. Michigan State trophy is a 4-foot wooden statue on a 5-foot base.
- **Territorial Trophy:** The duel in the desert comes down to the Arizona Wildcats and the Arizona State Sun Devils, both looking to claim this prize.

City Tech's Green Advanced Manufacturing Collaborative The CareerPATH Program in Manufacturing

EARN COLLEGE CREDITS TOWARDS A DEGREE IN MANUFACTURING

ALL EXPENSES PAID

NYC College of Technology (City Tech), CUNY's designated college of technology, offers stackable, credit-bearing industry-recognized credentials in Mechanical Engineering Technology and Industrial Design Technology. Wrap-around support services and job placement assistance are provided to program participants.

ARE YOU ELIGIBLE?

- 18 years old (preferably 24 or older)
- High School Diploma/GED or college credits
- US Citizenship or legally authorized to work in the US
- Displaced workers and incumbent workers, veterans, unemployed, underemployed, and prospective college students
- Take the CUNY Assessment Test (CAT)
- Demonstrate strong math skills

CALL TO RESERVE A SEAT IN OUR UPCOMING INFORMATION SESSIONS ON:

October 17th & 22th, 2013

The CareerPATH Program Advisor
718- 552-1150
gamc@citytech.cuny.edu
www.citytech.cuny.edu/bitc/manufacturing

New York City College of Technology
Business & Industry Training Center
Dept. of Mechanical Engineering Technology & Industrial Design

This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timelines, usefulness, adequacy, continued availability, or ownership.

The CUNY CareerPATH Program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

@GAMCCityTech

Do something you love!

Start using your design skills in our Graphic Design program!
Learn more about our Website Design, Illustration, and Print Design Concentrations!

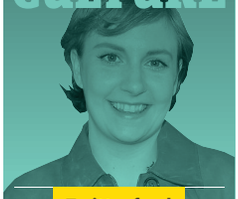
BRIARCLIFFE COLLEGE
Go Far.
Bethpage | Patchogue

877.876.8333
Text MYBC to 94576
www.briarcliffe.edu

Career Education 446080-04/13. Program availability differs by location. Find disclosures on graduation rates, student financial obligations and more at www.briarcliffe.edu/disclosures. Briarcliffe College cannot guarantee employment or salary.

2

CULTURE



Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Justin Bieber has been writing it all down, Rose McGowan got married, Adam Scott has a weird definition of cool and Lena Dunham knows them when she sees them.

@justinbieber: I love #journals because i can be honest & share how i feel & i love the #BelieveMovie because it will answer all the lies & show the truth

@rosemcgowan: Hell to the yeah! I'm a Mrs.! What?!AWESOME! Love to you all!!!!!

@mradamscott: Cool new job idea: cleaning 3D glasses with your mouth

@lenadunham: Based on Julian Assange's Wikipedia page, he sounds like most of the guys who lived in the clothing optional dorm in college.

Casting is back on for Christian Grey

1

Charlie Hunnam won't be driving "Fifty Shades of Grey" fans crazy after all, as the "Sons of Anarchy" star has pulled out of the film adaptation of the hit novel, according to The Wrap.

"The filmmakers of 'Fifty Shades of Grey' and Charlie Hunnam have agreed to find another male lead given Hunnam's immersive TV schedule, which is not allowing him time to adequately prepare for the role of Christian Grey," a statement from the studios behind the film reads. For what it's worth, that statement is a pile of crap, as Hunnam knew his schedule before signing on. We like the explanation from Hollywoodlife.com more: "Charlie got cold feet. He wanted to get out of the movie because he was feeling like it would be his version of 'Showgirls' and he didn't want to be remembered for that," a source tells the site. "Add that with the studio execs being highly disappointed by the reaction to the casting, they wanted to start over with a clean slate."

Fortunately, comedian Rainn Wilson has offered up his services on Twitter. "Hollywood movie studios: my Christian Grey would consist of a lot of sweating, panting, weird hairs & painful facial expressions. You in?" he wrote.

Charlie Hunnam dropped out of "Fifty Shades" this weekend.
ALL PHOTOS GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

The chemistry is still out there

David Duchovny and Gillian Anderson reunited on Saturday night at the Paley Center for Media in New York to celebrate the 20th anniversary of the premiere of "The X-Files." Earlier in the evening, the duo took part in a Reddit Q-and-A where they talked about the possibility of another "X-Files" film. "I think Chris [Carter, 'The X-Files' creator] ... claims to be working on a script, and if he does do that and Fox wants to make it ... Gillian will do it, I will do it, so start your writing campaign now. Seriously. We'd all love to do it. The ball is in Fox's hands. And not Fox Mulder, Fox the studio," Duchovny said.

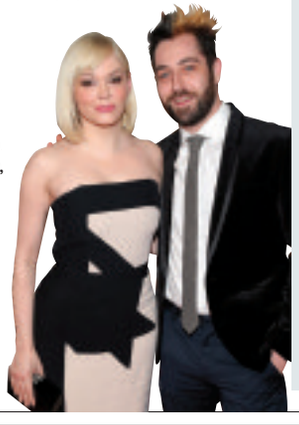
Big weekend for celebrity couplings

2

Rose McGowan, "30 Rock"'s Keith Powell, "Mad Men"'s Ben Feldman, Guns N' Roses' Matt Sorum and Jason Wahler of "Laguna Beach" officially got hitched on Saturday (but not to each other), while Pharrell Williams celebrated his recent marriage with a big ol' Miami party.

Williams' celebration in Florida, in honor of his hush-hush August nuptials in France to Helen Lasichanh, took place on a yacht. According to People, the two were aboard a vessel called "Never Say Never" before exchanging vows at the Kampong National Tropical Botanical Gardens.

And speaking of Wahler, his ex Lauren Conrad became engaged this weekend to musician William Tell — the former Something Corporate guitarist, not the Swiss hero who landed his own overture. Conrad shared the news on her blog over the weekend, along with a photo of her new bling, which was surprisingly modest in size.



Talking points

Cyrus donates Hemsworth's leftovers

Miley Cyrus is looking for someone to benefit from her kicking Liam Hemsworth to the curb. The singer reportedly donated all of her ex's leftover clothing to Out of the Closet, a thrift shop in L.A., according to the Daily Mail.

Gomez on Drake

Selena Gomez admits she's smitten with Drake, but she knows it would never work out. "No, and I mean this in the nicest way," she says in an interview with Boston's "The TJ Show." "I just don't think I have a big enough butt for Drake."

LASIK Deal of the Week

$1895 for LASIK Surgery for Both Eyes ($4000 originally)
Expires 10/31/2013

ORIGINAL PRICE	DISCOUNT	YOU SAVE
$4,000	53%	$2,105

0% FINANCING

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000 + LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

Call Today for a
212.759.9617
FREE consultation!

MANHATTAN LASIK CENTER NEW JERSEY
www.SeeLasik.com

* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom & Bladeless Lasik. Some restrictions may apply.

Like father, like son

In the family. "Machete Kills" star Carlos Estevez — sorry, Charlie Sheen — follows dad's footsteps into the White House.

Charlie Sheen is the president in "Machete Kills." / OPEN ROAD FILMS

Charlie Sheen gives a very unique take on the president of the United States in "Machete Kills," a version only he could do. But how does his commander-in-chief — dubbed simply "the president" — stack up against his dad Martin Sheen's "West Wing" character, President Bartlett?

"I am the more interesting president, yeah," the younger Sheen offers. "I will have your vote after [you see] the movie."

While he freely cops to the fact that his dad has him beat in the gravitas department, Charlie has a few tricks up his sleeve. "I wouldn't have all the data, all the facts that he does about world history and all that crap, but I understand the human condition, you know?" Charlie says. "During [the Violent Torpedo of Truth tour in 2011], I had Palin beat by a couple of points in a legitimate poll [for who would be the better president], and [I was only 2 points] behind Barry Soetoro — I am sorry, Barack Obama."

So what is it about Charlie's stint as leader of the free world that makes it so much more interesting than seven seasons of Aaron Sorkin-scripted dialogue? "In one day in the Oval Office, I slept with three women, pulled out a machine gun, drank, smoked and swore," he offers. "In seven years, dad didn't do any of that, you know?"

Don't go looking for Charlie's name in the credits of "Machete Kills," since he goes by his birth name of Carlos Estevez for the film. The reason for that, it turns out, is that he wanted to get the coveted final slot during the opening credits. "But that was already given to Mel Gibson, and I thought, 'He's got a couple of Oscars, he wins,'" Charlie explains. "Plus, I like Mel a lot. He is a terrific guy when he isn't drinking and driving — sorry, Mel."

Luckily, another solution presented itself. "Since it's a Robert Rodriguez film, let's go with this whole Latin thing, and that's where we went 'and introducing Carlos Estevez as the president,'" he says. "Of course the media is like, 'He changed his name, oh my God!' It's always something."

NED EHRBAR
ned.ehrbar@metro.lu

Charlie Sheen thinks Mel Gibson is a good guy — when he's sober. GETTY IMAGES

Stop Suffering From Leg Pain!

BEFORE

AFTER

Vein treatment is now covered by insurance.
Enjoy the freedom to *show your legs...*

Now covered by most insurance Plans - 100%
Call now to schedule a consultation

nuVISION
20 East 46th Street, Suite 501, New York, NY
212-889-1171
mynuvision.com

Hurt in An Accident?
NEED CASH NOW! We can help you!
We advance money to people with pending lawsuits.
Legal Advance FUNDING
Call: 877-496-8999
www.legaladvancefunding.com

CHRONIC PAIN?
Start Feeling Better Today!
Comprehensive Spine and Pain Wellness Center
Same Day Appointments Available

PAINLESS PROCEDURES WITHOUT SURGERY
Board Certified Pain Management Physicians
One on One Physical Therapy

Low Back and Leg Pain
(including Sciatica)
Neck Pain
(including Arm Pain and Headaches)
Knee Pain and Arthritis
(including Arthritis of the Spine)
Joint Pain
(Knees, Hips, Shoulders)

MOST INSURANCE ACCEPTED
Call Us Today for a Same Day Appointment

Hudson Spine and Pain Medicine
Lower Manhattan's Premier Pain Management Center
281 Broadway, 2nd Floor, New York NY 10007 | 646-596-7386
www.hudsonspine.com
Close to Chambers St 1 2 3 A C J City Hall 4 5 6 R

‘Gravity’ soars over ‘Captain’

Box office. Tom Hanks scored a respectable silver in a race with a big space movie.

George Clooney hangs on for dear life in the box office juggernaut “Gravity.” / WARNER BROS. PICTURES

The 3-D outer space thriller “Gravity” kept a tight grip on U.S. and Canadian box offices over the weekend, eclipsing the debut of Somali pirate drama “Captain Phillips” in a battle between two Oscar hopefuls.

“Gravity,” starring Sandra Bullock and George Clooney as astronauts stranded in space, held the top spot on movie charts for a second weekend, grabbing $44.3 million in domestic ticket sales from Friday through Sunday.

The continued pull of “Gravity” beat the $26 million opening for “Captain Phillips,” a drama starring Tom Hanks in a story based on the real-life hijacking of a U.S. cargo ship. Animated “Cloudy with a Chance of Meatballs 2” took the No. 3 slot, collecting $14.3 million, according to studio estimates.

Though it couldn’t overcome “Gravity,” “Captain Phillips” exceeded predictions for a start of around $21 million. The film cost $55 million to make.

Also this weekend, the action movie “Machete Kills” grossed $3.8 million at U.S. and Canadian theaters, finishing in fourth place. Danny Trejo plays a spy named Machete who is recruited by the U.S. government to stop an arms dealer planning to launch a weapon into space.

In fifth place, drama “Runner Runner” took in $3.7 million. The film stars Justin Timberlake and Ben Affleck in a story about the dark and murky world of online gambling.

The Ron Howard-directed Formula One drama “Rush” fell to eighth place with only $2.4 million, for a total of only $22.2 million in its fourth week of release. REUTERS

THE HORROR, THE HORROR: THE WEEK IN NEW HOME VIDEO

‘Eyes Without a Face’

The Criterion Collection
$39.95

Edith Scob wears a creepy mask in “Eyes Without a Face.” THE CRITERION COLLECTION

Quick: What was the last popular horror film rated PG? Sometime during the late 1960s, with the definitive death of the puritanical Production Code, horror moved from atmosphere and subtle scares to gore. Still, even something like “Cannibal Holocaust” has a strong contender in “Eyes Without a Face,” a 1960 chiller from France.

Granted, it’s really just one segment that churns stomachs. A young woman (Edith Scob) has been in a car accident that left her face grotesquely scarred. As luck would have it, her father (Pierre Brasseur) is a mad scientist. His mission? To kidnap pretty young women and switch faces. The sequence in question is a surgical procedure so real it almost looks like a documentary; in fact, director Georges Franju had once made “Blood of the Beasts,” a clinical, graphic and oddly beautiful slaughterhouse doc.

That description also fits “Eyes.” The sterile grisliness of its centerpiece only emphasizes how dreamy and oddly moving the rest of the film is. There’s a surreal, melancholic poetry to the images, none more so than with Scob herself, who spends the film wearing an unnerving plain white mask that only amps up her sadness. It’s the rare horror that’s as creepy as it is emotional.

Hopper to it

‘Night Tide’

By now most of the heavyweights of horror have gone Blu-ray. But there are always obscurities worth discovering. Dennis Hopper’s first starring role was in Curtis Harrington’s low-budget 1961 creepfest, in which he plays an on-leave sailor who falls for a girl — whom he comes to suspect is some kind of sea creature. His fear is obviously borne of a weird sexual hang-up, and that and the eerily depopulated Los Angeles beach scenes make this a memorable fit of internalized psychological horror.

DISC JOCKEY
MATT PRIGGE
matt.prigge@metro.us

Robots and awkward Brits

‘Pacific Rim’

America liked Guillermo del Toro’s giant robots-vs.-giant monsters melee, but the rest of the world loved it, which is why a sequel is underway. Here’s your chance to get on the wagon, especially now that, without 3-D glasses, you have a better chance of actually seeing the smackdowns.

‘Love Actually’

Just in time for Halloween comes the scariest movie you’ll revisit all month: Richard Curtis’ mash-up of several gruesome rom-coms into one shameless epic, complete with an entire half hour of stammering men rushing to awkwardly proclaim their love.

- State of the art non-surgical treatment for foot and heel pain
- Minimal invasive procedures for corrections of bunions and hammertoes
- Weekend and evening appointments available
- Most insurance plans honored
- Free consultation
- Non-injection therapy for heel pain
- 1 2 3 A B C 4 5 6 N R

New Cutting Edge Laser for Toe Nail Fungus! ONLY $500
Expires 10/31/13
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
www.DrJeffreyRosenblatt.com

225 Broadway, Suite 1420
New York, NY 10007
212-385-3800
(Financial District)

Grand Central-Midtown
15 West 44 St., 8th FL
New York, NY 10036
212-391-1279

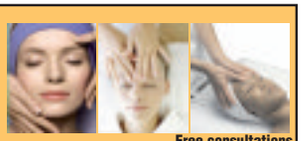
375 Jay St., 2nd FL
Brooklyn, NY 11201
718-875-9251
(Metrotech)

Long Island Location
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023

Convenient Lower Manhattan & Brooklyn Locations!

ESSENTIAL Skin Care
www.essential-skin.com

Specializing in
Problem Skin
Licensed Professionals
Introductory Offers!



Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

“Body Massage + Facial $99 • Eyebrow / Eyeliner Tinting $25 • Ear Candeling $50”

Diamond Microdermabrasion Only $50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg $160 $125
formulated with “Botox® - Like” effect without injection. Effectively reduces the appearance of wrinkles and crow’s feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only $45
For oily and blemish skin with excessive blackheads/ whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing $75/$35

Deep Cleansing Facial Reg $75 $40
Deep cleans and refreshes all skin types.

Brightening Peel Reg $125 $75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special $50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only $55/$30

247 E. 50th St. 2fl btw 2-3ave NYC • Trains: E M 6 to Lexington Ave., Tel: 212-588-8866/212-253-9693

HELP FOR A WEIGHTY ISSUE

The question: One of my friends has an issue with overeating and is significantly overweight. Am I ever allowed to encourage her to be healthier?

It's hard to sit passively by while people we care about engage in self-destructive behaviors. Whether you say something to your friend depends on two factors:

1 The quality of your friendship: How close is this friend? Is there an established level of trust? Do you have a history of speaking intimately with this person? These are the questions you need to ask yourself before proceeding. If the answer is anything other than "yes," your well-meaning suggestions will not only be ineffective and hurtful, they may evoke shameful feelings that perpetuate overeating.

2 What you say and how you say it: Sometimes people who are obese are in denial. But usually they know they have a problem and know what they need to do to help themselves. Whether they are motivated to do something about it often depends on many factors, including their self-esteem and the degree to which it's impacting their lives. Overeating often has a strong emotional component. So if you're going to say something, tread gently and lovingly. You might begin by saying, "I care about you and I want you to be around for a long time," or "I'm worried about your health. Is there anything I can do to support you?"

But even if you choose exactly the right words from the deepest place in your heart, your friend may not be ready to hear you. No matter how well-intentioned you are, if this is an especially sensitive area for her, she may still be hurt and unready to make serious life adjustments. Sure, you can model healthy eating and exercising habits. But unless your friend is motivated to change, she probably won't. If you've ever struggled with a bad habit yourself, then you'll understand how hard changing an ingrained behavior can be.

— This column is not intended to be a substitute for a private consultation with a mental health professional, nor is this therapist liable for any actions taken as a result of this column. If you have concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

Think about your relationship with the other person before bringing up a touchy subject. / GETTY IMAGES

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman, MSW, LCSW, is a psychotherapist Her book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email her at askkim@metro.us.

PLUS

If all goes well

Further help

If you do say something, and your friend is receptive to losing weight, you might suggest that she speak with a doctor. You can also refer the friend to the Renfrew Center and/or Overeaters Anonymous, both of which offer excellent support and resources for people suffering from similar predicaments.

Good Health Starts Here

Primary Care Associates

Mount Sinai

10 East 102nd Street, 5th & 6th Floors
New York, NY
212-241-6585
www.mountsinaiprimarycare.org

For annual check-ups or more complex health issues Mount Sinai physicians are your neighborhood doctors

With expanded hours: Monday-Saturday Daytime & Evening

The dangers of auto-erotic asphyxiation

Don't try this at home. Think twice before partaking in this risky behavior.

Ariel Castro's death in prison last month may not have been suicide, but the result of a taboo masturbation method gone wrong, according to reports Thursday. The convicted Cleveland kidnapper and rapist may have been practicing auto-erotic asphyxiation, a sexual fetish that involves restricting one's air supply to intensify orgasm.

Celebrity sex expert Dr. Emily Morse, host of "Sex with Emily" and star of Bravo's "Miss Advised," says that auto-erotic asphyxiation isn't a new trend, but publicized deaths may be prompting others to try it — and those who do can underestimate the danger.

How does someone come to do something like this?
Incidences of auto-erotic asphyxiation date back way before the existence of the Internet, suggesting that people discover the practice partly on their own. Although porn might introduce ideas of sado-masochism, participants of auto-erotic asphyxiation are drawn to the practice because of their desire to experience more intense orgasmic pleasure coupled with a feeling of helplessness and self-destruction. Many people learn about auto-erotic asphyxiation by the deaths that occur as a result. They might convince themselves that they will not make the same mistake as their predecessors. What they fail to realize is the utter lack of control asphyxiation creates.

Ariel Castro was found dead early last month. / GETTY IMAGES

Safety first

How is it recommended that people practice it more safely?
The thrill of auto-erotic asphyxiation is not worth losing your life. If you want to enjoy the exhilaration of light asphyxiation, always play with a trusted partner. Make sure that ropes or belts aren't tied too tight (better yet, use satin ties), always establish a safe word if play gets too intense and don't abuse drugs or alcohol, which can impair your judgement and make your body more vulnerable to the risks of asphyxiation.

What attracts people to this kind of masturbation?
The lack of oxygen to the brain can intensify pleasure by creating a feeling of light-headedness and exhilaration. Many people are attracted to the feeling of helplessness and vulnerability auto-erotic asphyxiation produces.

What are some of the risks involved?
The risks involved cannot be emphasized enough. Many people die because they make an escape too difficult to achieve. Also, death is most likely to occur when the rope is placing too much pressure on the carotid [artery] on the neck. The pressure on the carotid body slows down the heart rate, causing a person to lose consciousness. Their body goes limp and the rope tightens. Fatality from auto-erotic asphyxiation occurs mostly because of an obstruction of blood flow to the brain.

Even though asphyxiation creates a feeling of helplessness, people still hold on to a false sense of control. They don't realize that they will lose consciousness if things go too far — and they won't be able to discern when that moment occurs. They are more likely to die from lack of blood flow than by blocking the windpipe through asphyxiation.

CASSANDRA GARRISON
cassandra.garrison@metro.us

$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
AS SEEN ON TV
DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings
ZOOM!
30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 10/31/2013)

Total Orthopaedics
& SPORTS MEDICINE
EVALUATION & TREATMENT OF ORTHOPAEDIC INJURIES
"Regain your health and return to the activities you enjoy"
ORTHOPEDICS & PAIN MANAGEMENT
KNEE, BACK, NECK AND SHOULDER PAIN TREATMENT
minimally invasive injections, spine surgery, sports medicine specialists
No fault, workers compensation and most insurance carriers accepted Transportation Provided
Se Habla Espanol
Located conveniently in Westchester Square
718-684-4677
2510 Westchester Ave Suite 100, Bronx NY 10461
www.totalorthosportsmed.com

Join us for a FREE Men's Health Seminar.
If you suffer from the symptoms of an enlarged prostate and you are not getting satisfactory results with medications or other treatments, or haven't explored treatment at all, it could be time to learn about your options.
Are any of these symptoms familiar to you?
☐ Need to frequently empty bladder
☐ Difficulty to begin to urinate
☐ Dribbling after urination ends
☐ Decrease in size and strength of stream
☐ Bladder never feels empty
☐ Pushing or straining to urinate
☐ Multiple trips to urinate at night
If so, it's possible that you may have an enlarged prostate or BPH. As you know, these symptoms can seriously interfere with your day to day life.
Attend our FREE Men's Health Seminar:
Jed Kaminetsky M.D., a board certified urologist, will be discussing the several options that can be used to treat BPH symptoms. He will also present The Rezum System, an investigational device designed to improve symptoms caused by BPH. If you decide to continue treatment with Dr. Kaminetsky, most insurances will be accepted. If you choose the Rezum Investigational device, and qualify, all testing and treatments are of no cost.
In addition to BPH, other topics will be discussed, such as low testosterone and erectile dysfunction.
Date: October 23, 2013
Time: Registration: 6:00pm & Seminar: 6:30pm
Place: Manhattan Medical Research
Address: 215 Lexington Ave, 21 floor, New York, NY 10016
Partners and Guests are welcomed, refreshments will be served.
Space is limited, call to register today 917-409-3919 or email: cgpipitone@manhattanmedicalresearch.com
MMR MANHATTAN MEDICAL RESEARCH

THE WALL: THERE'S NO WAY AROUND IT

On the Run

JIM CARROLL

Jim Carroll has been a New Yorker for more than 15 years, but is about to experience one of the most quintessential New York experiences for the first time: the ING NYC Marathon. Join him on his journey to the Nov. 3 finish line.

This past weekend, I completed a 21-mile run with my marathon training team. It was the longest distance I've run to date and, overall, it went pretty smoothly.

Long runs over 18 miles are pretty much a dress rehearsal for the marathon, where we try out energy gels, practice taking in water and put hard miles on the legs. They do tax the entire body, which is why we only do a couple of these long runs in the month or so before the marathon.

My run was going well until near the end, when I started to feel a bit strange. It was as if my mind was starting to drift away from my body, and not in some Dead Head drum circle way, but in a "hey, this might not be a good thing" way. What I now believe I was starting to experience is what runners call hitting the wall.

The wall is the point after about 20 miles where the body can start to shut down. It is feared and respected by every marathon runner. It's the perfect storm of mental, emotional and physical trouble.

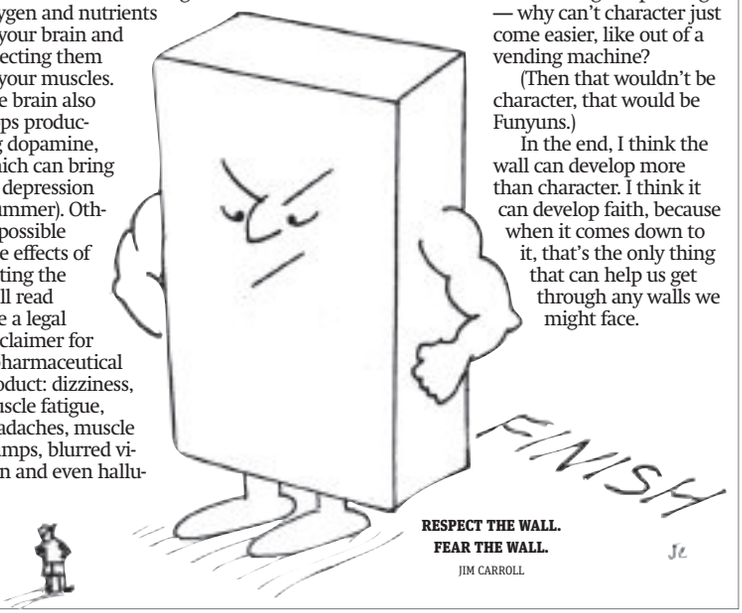
The medical term for the wall is glycogen depletion onset. It's less sexy, but gives a clear idea that it means business. Basically, when you hit the wall, your body switches priorities from delivering oxygen and nutrients to your brain and directing them to your muscles. The brain also stops producing dopamine, which can bring on depression (bummer). Other possible side effects of hitting the wall read like a legal disclaimer for a pharmaceutical product: dizziness, muscle fatigue, headaches, muscle cramps, blurred vision and even hallucinations. If it could insult your mother, I'm sure it would do that as well.

There are precautions one can take to avoid hitting the wall, like starting off slowly, taking in nutrition and not running marathons. But in the end, the wall calls the shots.

And if a runner does hit the wall, the best one can do is try to keep his or her mind clear and legs moving. This is the period where all the training is out the window and it comes down to survival. I imagine that it is a character-building experience, where we become better for surviving the pain. Ugh — why can't character just come easier, like out of a vending machine?

(Then that wouldn't be character, that would be Funyuns.)

In the end, I think the wall can develop more than character. I think it can develop faith, because when it comes down to it, that's the only thing that can help us get through any walls we might face.



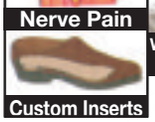
RESPECT THE WALL.
FEAR THE WALL.
JIM CARROLL

Receive personal attention from a Board Certified Podiatrist*
New Patient Offer:
FREE FOOT EXAM

Bunions

Warts

Fungus Nail

Nerve Pain

Custom Inserts

Precision Footcare:
Dr. John Jurcisin

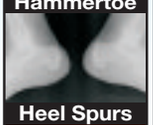
MOST INSURANCE PLANS ACCEPTED

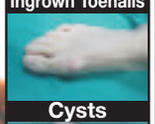
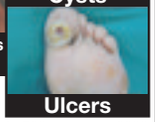
BEFORE WORK, LUNCH HOUR AND EVENING APPOINTMENTS AVAILABLE

Established in Manhattan for over 20 years

We treat corns, calluses and foot problems

212-750-8344

Hammertoe

Heel Spurs

Ingrown Toenails

Cysts

Ulcers

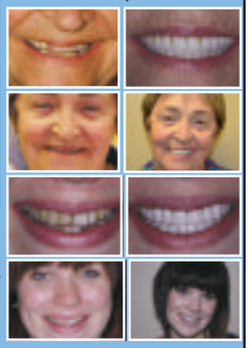
www.precisionfootcare.com • 133 East 58th • Suite 506 • NY, NY 10022

GoToAProsthodontist

If you have:
Long standing dental problems
Ill-fitting denture
Missing or Lost Teeth
Bite problems
Or Want to rejuvenate your smile

Prosthodontist is the only dental specialist in Cosmetic and Implant dentistry recognized by American Dental Association

(Actual patients of Dr. Malkin)



Complementary Consultation Exam or 2nd Opinion

Call us today to find out about our affortable prices

Dr. Olga Malkin
21 West 58th Street
212-355-4510
www.drolgamalkin.com

Dr. Malkin's work was featured on
The Doctors CBS NBC-TV

Your smile. Our specialty™

MANHATTAN DENTAL SPA
AWARDED *ELITE* PROVIDER
OF INVISALIGN SINCE 2005

INVISALIGN EXPRESS $2500
Offer Expires 10/18/13

OR

FREE ZOOM WHITENING
when you come in for a cleaning, xray & exam

NYC's #1 Dental Canter
200 Madison Ave, Suite 2201
212-683-2530

As Seen On ABC & NBC NEWS

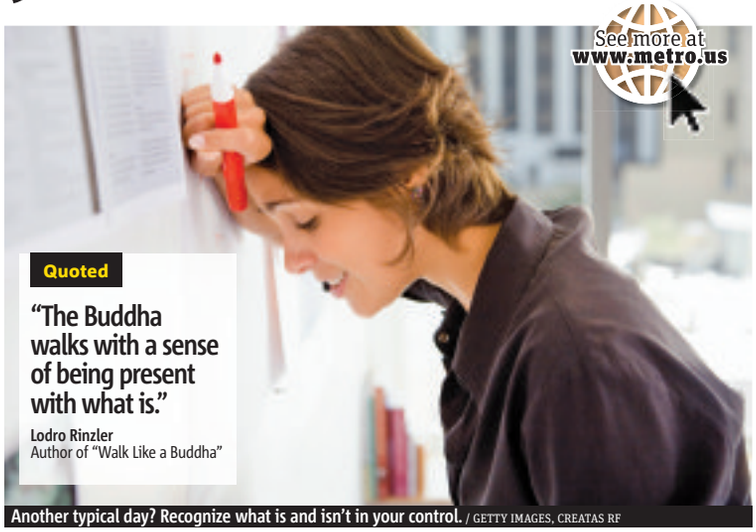
BOTOX BY PLASTIC SURGEON
DR. LLOYD LANDSMAN

$149 for 20 units of Botox!
Offer Expires 10/18/13

For All Your Beauty Needs
200 Madison Ave, Suite 2201
NY, NY 10016
212-683-2530

We Can't Wait To See The NEW You!

Stressed out? Find your inner Buddha


See more at
www.metro.us
Quoted
"The Buddha walks with a sense of being present with what is."
Lodro Rinzler
Author of "Walk Like a Buddha"

Another typical day? Recognize what is and isn't in your control. / GETTY IMAGES, CREATAS RF

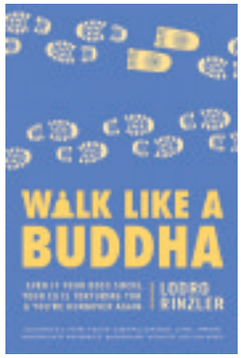
Meditation. Being in the moment can lead to inner peace.

It's easy to be confused when you spot a book called "Walk Like a Buddha" — does Buddha even walk? But its author, Lodro Rinzler, has practiced Buddhism since he was 11 and might convince you to adopt some of those holy moves.

"The Buddha walks with a sense of being present with what is. And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night," Rinzler, a Huffington Post advice columnist, says of his book. "Walk Like a Buddha" is a compilation of questions people have asked him.

Rinzler said he looked for "common themes" when choosing which questions to feature.

The author was particularly struck by a letter that said, "I don't feel worthy of being loved." Based on his experiences, that feeling, he says, most often originates with something underneath — that the person has been told he or she is not good enough, smart enough, pretty enough, whatever it might be. Rinzler feels that it's a general issue in our country.



"The Buddha's point of view is that we are. We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to meditate and see if it can change something for you.

"More often than not, if you actually do sit down [and take] even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says. "You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

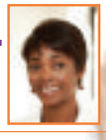
It helped him especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix the situation.

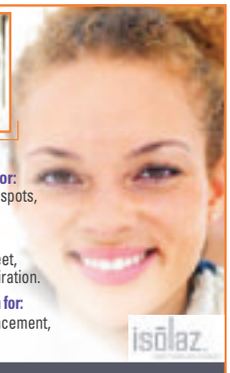
"Do we always have to try to manipulate and control our situation? No. The more we meditate and the more we realize that we can actually [be] with things as they are, we see the most skillful way to act. We are not acting from what we think needs to happen but in occurrence with the way things are."

Let this be food for thought for your next stressful commute.

MAJA LUNDAGER
letters@metro.us

Sumayah Jamal, M.D.- PhD.
CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY
NYU LANGONE MEDICAL CENTER
Laser Surgery, Cosmetic and Medical Dermatology





Laser treatments for:
- High speed hair removal-safe for all skin types.
- Razor bumps.
- Acne, depressed acne scarring, enlarged pores.
- Leg veins, facial veins, wrinkles.
- Sagging skin on face, neck and abdomen.
- Brown "age/liver" spots, red complexion, broken blood vessels.
- Keloids.

Microdermabrasion and chemical peels for:
- Acne, melasma, dark spots, uneven complexion.

BOTOX for:
- Frown lines, crow's feet, forehead lines, perspiration.

Radiesse and Juvederm for:
- Laugh lines, lip enhancement, facial volume loss.

isolaz

By appointment only • (212) 229-0333
166 Fifth Ave. 2nd Flr btw. 21st and 22nd
Subways #6, N.R.W.F.V to 23rd St.,
www.Doctorjamal.com

Read what our many happy patients have to say!
www.kerisderm.com/testimonials
Call or make your appointment online at
www.zocdoc.com

MAY WAH VEGETARIAN MARKET

VEGAN
FISH FILLET
RED SPOT PRAWNS
FREE TASTING
EVERY SATURDAY
213 HESTER STREET
6 TRAIN TO CANAL ST
BETWEEN CENTRE AND BAXTER
WE ACCEPT FOOD STAMPS
NO CHOLESTEROL
GMO·DAIRY·MSG
VISIT US ON FACEBOOK/VEGIEWORLD
AND MAYWAHNYC

GET A FOOT UP ON LIFE!
Providing excellence in Foot and Ankle Care.

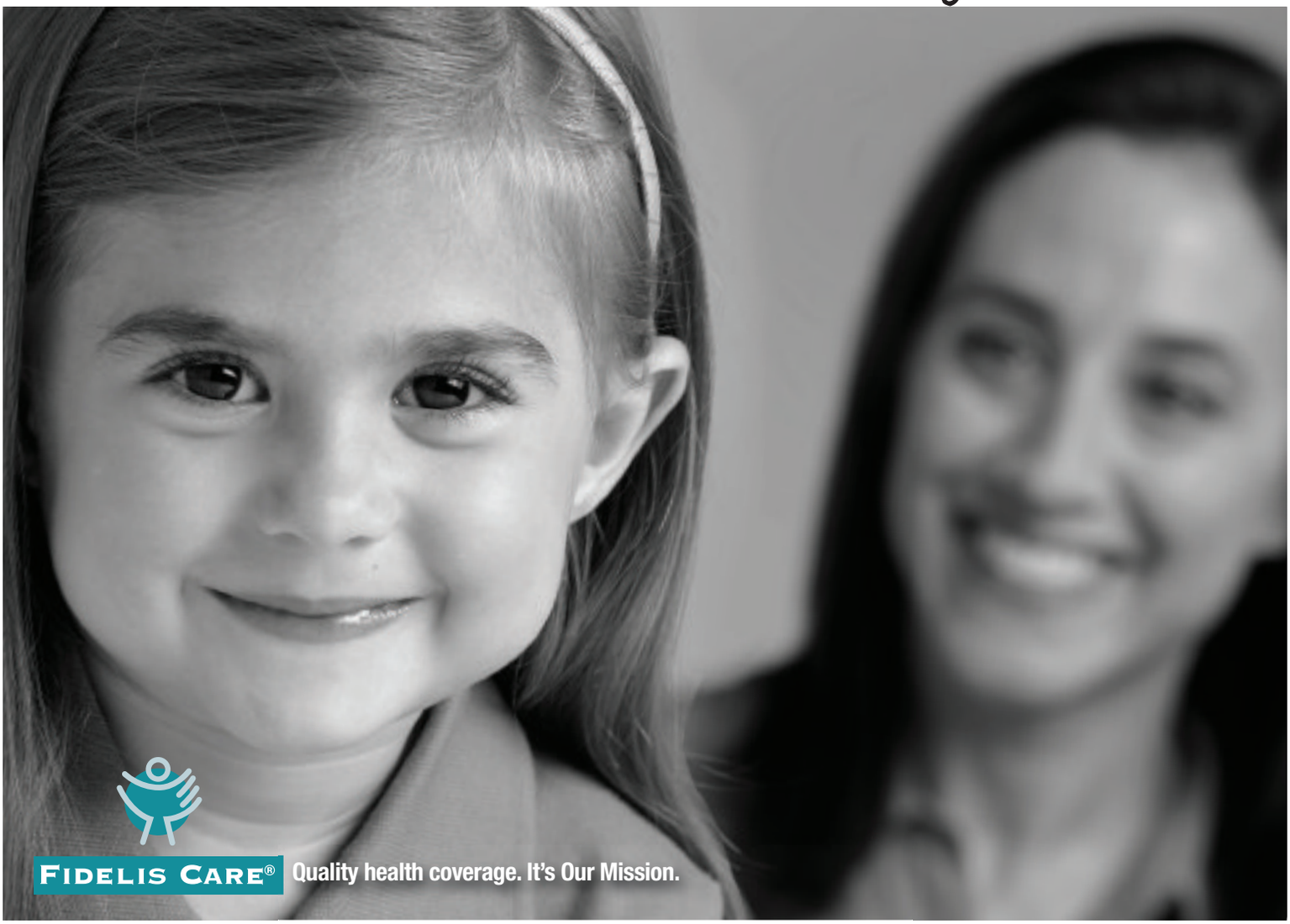
HEALTHY FEET ARE SEXY FEET!
Manhattan Footcare's Board Certified Podiatrists specialize in cosmetic as well as reconstructive surgical procedures that will reduce pain as well as, procedures that will rejuvenate & beautify your feet. For over 30 years while utilizing the latest technology, we have skillfully treated patients in all areas of podiatric medicine, from the surgical correction of bunions to the treatment of ingrown toenails.
Revolutionary FDA Approved laser treatment for Toenail Fungus!
Diabetic footcare, dance & sport injuries, and pediatrics are also our specialty
To schedule an appointment or a FREE surgical consultation call us today!

MANHATTAN FOOTCARE
Podiatric Medicine & Surgery of the Foot and Ankle

Fall Special
20% off
laser treatment for nail fungus

Dr. Steve Menna & Dr. George Pace
347 Fifth Ave Suite 1110 MANHATTAN
Across from the Empire State Building
212.629.5090
52 Duane Street MANHATTAN/TRIBECA
212.349.7676
133 Smith Street BROOKLYN
718.330.1117 (between Dean & Bergen)
manfootcare@aol.com
www.manhattanfootcare.com
SATURDAY APPOINTMENTS AVAILABLE

"I want a health plan that has the benefits we need."



Fidelis Care offers quality, affordable New York State-sponsored health insurance for children and adults of all ages, and at all stages of life.

From New York State of Health: The Official Health Plan Marketplace, to Child Health Plus, Medicaid Managed Care, Medicare Advantage, Managed Long Term Care, and more, we have a program that meets your needs.

And, with our growing provider network, you can see a Fidelis Care doctor almost anywhere you go in New York State!

To learn more, call Fidelis Care today at 1-888-FIDELIS (1-888-343-3547) or visit fideliscare.org. We have a health insurance program that's right for you - and the ones you love.

Look for Fidelis Care in the Health Plan Marketplace, with some of the most competitively priced products available!*

*Products not available in all counties.

For more information about Medicaid and Family Health Plus, call New York Medicaid Choice at 1-800-505-5678. For more information about Medicaid, Family Health Plus, and Child Health Plus, call New York Health Options at 1-855-693-6765.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.

1-888-FIDELIS | fideliscare.org

(1-888-343-3547) • TTY: 1-800-421-1220 **To renew your coverage each year, call 1-866-435-9521**

RULES ARE FOR SUCKERS

I used to hear the same piece of career advice all the time. Perhaps it sounds familiar: "Just work hard and you'll be recognized." I believed it for years.

People mean well when they say it, but it's terribly misleading, especially for women.

Women are known to be diligent workers. They're excelling at college and graduate school. But the attributes that allow us to perform well in an educational setting — a propensity for hard work, perseverance, striving to get things "right" — don't necessarily translate to success in the workplace.

"One of the reasons women do so well in school is that we are great followers of authority," says Victoria Pynchon, co-founder of the consultancy She Negotiates. "We check the right boxes, follow proper procedure and tend not to act outside of the authority we are given."

That can backfire on us at the office. Because in addition to working hard, getting ahead depends on getting to know the right people, speaking up for yourself and taking a few risks — all of which can feel uncomfortable for women, many of whom operate firmly in "good girl" mode.

Women need to think outside the box to excel at the workplace. / GETTY IMAGES

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace.

Quoted

"One of the reasons women do so well in school is that we are great followers of authority."

Victoria Pynchon
co-founder of She Negotiates

But while Jane is beavering away, toiling until midnight in the expectation that her efforts will pay off, Joe may be hanging out with the boss after hours, either at a bar or on the golf course. The next thing you know, he's been promoted because his bosses know him and feel comfortable with him, while Jane is bewildered that her work has apparently gone unrecognized. McKinsey & Company, as part of its research on women in the workplace, found that men spent more time networking than women, and that men are promoted on their potential to perform, women on their actual performance.

Pynchon tells the story of a lawyer she knows who, returning to her firm after maternity leave, was tempted to ask her boss if she could work part-time. A female colleague advised her, "No, it's a path to nowhere. Just work part-time — don't ask for it. The guys do it all the time." So the woman now comes in late and leaves early (by law firm standards anyway) "which is hard for a female rule-follower to do," Pynchon acknowledges. But by subtly subverting the system, she's able to spend more time at home while staying firmly on the partner track. What seemed daring at first is now just her daily routine.

INVISALIGN DENTAL CENTER
IN THE
CHRYSLER BUILDING
42ND AND LEXINGTON
Invisalign providers since 2005
with Elite status
invisalign
Elite PREFERRED PROVIDER 2012
Call us to schedule a complimentary consultation and find out how Invisalign can improve your smile
Full Invisalign treatments are only
$3999
invisalign
www.kakosiandental.com
888-711-0267

TARP, INC.
Training Addiction and Recovery Professionals
"We'll Teach You How to Help Others"
ADDICTION COUNSELORS ARE IN HIGH DEMAND!!!
ACT NOW! Get the best CASAC training in the State at the best price in the State. For a limited time our total tuition is $3,500. Register by 10/25/13 to get this Fantastic price. Payment plans available. Start Class Immediately after 1st payment/deposit. Veteran VRAP accepted. Our 6-8 month NYS Certified (CASAC) Credentialed Alcoholism and Substance Abuse Program, has day, evening and weekend classes all at our convenient Midtown Manhattan Location
Call us today at 646-720-7118 or 718-909-8034 or email williamperkins@acttc.com • Website - www.Acttc.com

Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY
$600 Sign-On BONUS Live-In Aides in Nassau County
• HHAs • PCAs
Immediate Work
Call (516) 227-3400
60 Hempstead Ave, Suite 215, W. Hempstead, NY 11552 EOE
Personal-Touch® ...the people with a heart!

The Heartbeat of Staffing
Open House: Every Thursday
Starting October 17th, 10am to 4pm
Hiring Experienced LPN's and C.N.A.'s with at least 1 year experience from nurse home setting.
Per Diem Opportunities for All Shifts (7-3, 3-11, 11-7)
Weekends and Holidays available; OT available
Please call for additional info.
(212) 847-2932 or
(212) 847-2951
THE HEARTBEAT OF STAFFING
AXION HEALTHCARE

Body inking on the job

Lifestyles. In the never-ending debate on tattoos in the workplace, here's one opinion.

Having tattoos may not harm your career. / RON CHAPPLE STUDIOS

The influx of millennials into the workforce, and the potential for age gaps between co-workers, can result in differing opinions on what is considered appropriate office wear. And thanks to a few stereotypes, Generation Y often has a reputation for taking a more casual approach to office appearance.

That's not to say all millennials want to wear their sweatpants to work. It just means that younger hires are perceived to have open minds when it comes to what is acceptable in the office.

Kim Holt recently graduated and entered the workforce with tattoos. Here's what she has to say about how tattoos can work both ways for your career.

Did you think about the effect your tattoos might have on your career before you got them?
I 100 percent thought about how my tattoos might affect my career before I got them. However, aside from my tattoos, I have always been a creative and eccentric person. I knew from a very young age that when I grew up I was going to be in a field that thrived on creativity and originality.

Has having tattoos ever hindered your career or education?
Having tattoos has yet to hinder my education. Many universities these days pride themselves on their acceptance of diversity. My tattoos have yet to impact my career.

Have you had to adjust your clothing at times to avoid a potential employer seeing your tattoos?
Where I currently work, I have never been made to feel like I cannot show my tattoos. However, when I first interviewed for the job I did dress appropriately and professionally. I think that no matter what kind of job you are interviewing for, whether you are allowed to show your tattoos or not, dressing formally is simply a sign of respect. I have interviewed for many casual- and formal-attire jobs and I never let the day-to-day attire influence my interview wear. **MEAGHAN GREAVES**

Talentegg.com is a job board and online career resource for college students and recent graduates.
TalentEgg

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 35 years
Smile with Confidence
NEW PATIENT PACKAGE
MAINTENANCE CLEANING DIGITAL X-RAYS $89
With this ad only. One per patient. First visit only. Coupon expires 10-31-13
NEW PATIENTS ONLY
ONE DENTURE RELINE $194
With this ad only. One per patient. First visit only. Coupon expires 10-31-13
DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION
You Can't Afford to go Anywhere Else!
MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME
Senior Cit. Discounts on new dentures and crowns
Full Service State of-the-Art Cosmetic Dentistry
224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)
CALL NOW!
212-689-0024
www.denturecenter.com

Home Health
Certified Home Health Aides
Live In Positions
IMMEDIATE AVAILABILITY!
We seek Male and Female Caregivers to provide care for our clients in NYC, The Bronx and Westchester. Experience required. Come and learn more about what we offer.
SeniorBridge
SeniorBridge.com EOE
JOIN US AT OUR
OPEN HOUSE
Thursday, October 17th, 1-4pm
845 Third Ave, NY, NY 10022
Call: 212-994-6100
For Bronx and Westchester call 914.437.8221 to make an appointment.
12-HOUR SHIFTS ALSO AVAILABLE
WALK-INS WELCOME!

MTA New York City Transit
MTA MaBSTOA
• COMPREHENSIVE MEDICAL PLAN • PENSION PLAN • PAID HOLIDAYS/VACATIONS
• PROMOTIONAL OPPORTUNITIES • FREE NYC TRANSIT TRANSPORTATION PASS
BUS MAINTAINER-B
(Automotive/Bus/Truck/Aviation Mechanics)
EXAM NO. 4601 FILING DATE: October 2- October 22, 2013 APPLICATION FEE: $68.00 (non-refundable)
JOB DESCRIPTION: Bus Maintainer - B's repair and maintain the electrical, electronic, mechanical, hydraulic, pneumatic and air-conditioning equipment of NYC Transit's bus, truck, and other automotive vehicles.
SALARY: $29.37 per hour for a 40-hour week, with an increase to $31.8725 in the fourth year.
CLEANER/MAINTAINERS HELPER
(Automotive Repair Mechanic Helper)
EXAM NO. 4100 FILING DATE: October 2- October 22, 2013 APPLICATION FEE: $47.00 (non-refundable)
JOB DESCRIPTION: Cleaner/Maintainer Helpers clean, sweep and wash buses, depots, garages and shops. Maintainer Helpers assist in the maintenance and repair of buses and other electromechanical equipment.
SALARY: $15.145 per hour for a 40-hour week increasing to $25.39 per hour after 36 months.
YOU MUST HAVE AUTOMOTIVE MAINTENANCE EDUCATION AND/OR EXPERIENCE TO QUALIFY FOR THIS POSITION.
THIS INFORMATION IS SUBJECT TO CHANGE. APPLICANTS SHOULD CONSULT THE OFFICIAL NOTICE OF EXAMINATION ISSUED DURING THE APPLICATION PERIOD FOR THE MOST UP-TO-DATE INFORMATION.
CAREFULLY READ THE NOTICE OF EXAMINATIONS (NOE) BEFORE APPLYING.
THE NOE CONTAINS ALL EXPERIENCE AND EDUCATION REQUIREMENTS INCLUDING DRIVER'S LICENSE INFORMATION.
DURING THE APPLICATION PERIOD, YOU MAY OBTAIN THE NOE & FILING PACKAGE:
• Visit http://mta.info/nyct/hr/appexam.htm OR
• In person, pick up the application package at MTA NYCT, 180 Livingston Street (Lobby), Brooklyn, NY 11201. Monday through Friday (except holidays), 9AM to 3PM.
Call the Exam Information Hotline for more information: (718) 566-JOBS (5627)
MTA New York City Transit
Follow us on: Twitter.com@NYCTSubwayScoop
Facebook: MTA New York City Transit
www.mta.info/nyct/ EOE M/F/D/V

XpresSpa®
Join the Largest National Airport Spa Company at JFK International Airport!
IMMEDIATE HIRE
WITH
Licensed Massage Therapists, Cosmetologists and Nail Technicians
(Must be licensed and authorized to work in the state of New York)
Send your résumé to Careers@XpresSpa.com
or Call (212) 750-9595
3 East 54th Street, New York, NY 10022

an EOE

Horoscope

♎ Libra | Sept. 23-Oct. 22. Set the record straight when it comes to how you want things done, at home and work. Change is imperative.

♏ Scorpio | Oct. 23-Nov. 21. Emotional matters will surface; dealing with them quickly will help you avoid a scene. Be prepared to use a bit of force if necessary.

♐ Sagittarius | Nov. 22-Dec. 21. Positive change is heading your way. Keep your chin up and your finger on the pulse of events.

♑ Capricorn | Dec. 22-Jan 20. Stand up and be counted. Persistence will result in being handed the reins of leadership. Don't let past experience frighten you from more responsibility.

♒ Aquarius | Jan. 21-Feb 18. Apply your knowledge and experience to a job and you will excel. Someone new will change your outlook and your immediate future.

♓ Pisces | Feb. 19-March 20. Personal matters must be handled with integrity and honesty. There will be no room for misleading information if you want to take advantage of an opportunity.

♈ Aries | March 21-April 20. Shy away from anyone who appears to be holding back information. Step into the spotlight and take control of whatever situation you face.

♉ Taurus | April 21-May 21. Follow your heart and your dreams. Live in the moment and enjoy life. Participate in activities conducive to building a close bond with friends and family.

♊ Gemini | May 22-June 20. Disillusionment will set in if you believe everything you hear. Read between the lines, especially when dealing with affairs of the heart.

♋ Cancer | June 21-July 22. Get out and take time to play. Entertainment or traveling to an unfamiliar destination will brighten your day. Emotional encounters will stimulate your senses.

♌ Leo | July 23-Aug. 22. Play it safe when it comes to domestic affairs. Listen carefully and prepare to make whatever changes are necessary to keep the peace.

♍ Virgo | Aug. 23-Sept. 22. Shoot for the stars when it comes to making valuable connections. How you express your desires and ideas will capture the attention of someone willing to help.

BERNICE BEDE OSOL

Sudoku: Easy and hard

		2			8	1		3
6				4			8	5
					2		4	
		3				7	6	
	9		3		6		2	
	1	6				9		
	5		1					
1	3			6				2
8		9	2			4		

			9		6			3
5					3		1	
		8				5		9
	7		3					4
9		3	4		7	6		2
4					8		9	
8		6				9		
	2		8					5
1			6		4			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Virgil was a Roman

Re: 'When Kayne met Kimmel: The recap' (Metro, Oct. 11-13)
Dorothy, I was reading the Metro paper this morning, and I noticed in the article about Kanye and Kimmel that you mentioned the poet Virgil. I don't mean to sound rude or condescending, but VIRGIL WAS ROMAN, NOT GREEK! Don't worry, I don't think Kanye knows that either. As far as he is concerned, there were no poets before him, and there won't be any after him. Because he is a lyrical genius, the voice of a generation. Just wanted to straighten that out. Good luck, keep writing! #NODISRESPECTTO-BENAFFLECK

MATT ROSS, VIA EMAIL

Modern liberal

Re: 'Get to work Congress' (Metro, Oct. 11-13)
Letter writer Randall C. Ephraim is the quintessential modern liberal. He calls those with different ideas of how to run the country "scumbags." He even criticized President Obama for "deploying troops to Syria" and for us "going through a depression." Who screens these letters? And what liberal rant would be complete without a shout-out to George Bush, the cause of all problems post-2000 (and prior in most liberal minds). I love when I overhear someone blaming George Bush for anything happening today. Citing how Ronald Reagan reversed a deep recession in two years usually stumps them, but simply asking how it is Bush's fault is generally enough to suck the wind out of anything remotely resembling an argument. Randall, which was it? Bush's tax cuts (that President Obama extended 97 percent of) that caused the housing market to collapse in 2008? Iraq?

KEVIN METZ, VIA EMAIL

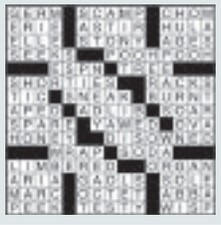
letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

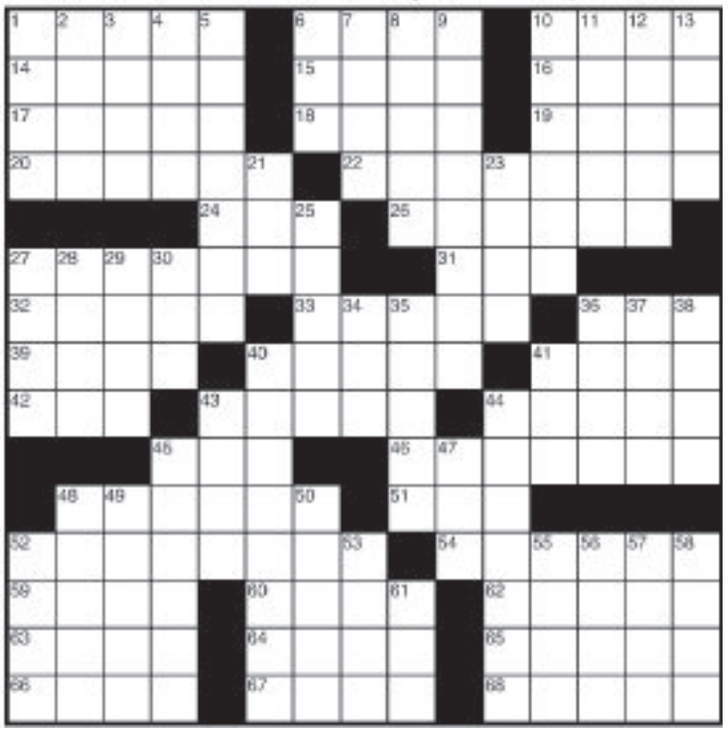
Crossword

Across
1 Edgy
6 Igneous rock, once
10 Bruised
14 Daffodil or tulip
15 Viking name
16 Melville novel
17 Out on -- --
18 Upswept hairdo
19 Errand runner
20 Verify a recipe
22 Got a peek
24 "SNL" network
26 Most loyal
27 Pop
31 Cosmonaut's station
32 Mirage sights
33 Afterward
36 Canape topper
39 Big Board letters
40 Hacked down
41 Falafel bean
42 Mammoth Cave loc.
43 Taunted
44 "For -- sake!"
45 Harbor craft
46 Hibernating
48 Indifference
51 Roll-call vote
52 Is smitten by (2 wds.)
54 Coarse, as humor
59 Europe-Asia range
60 Rock star, maybe
62 Delhi currency
6 3Taboo (hyph.)
64 --, vidi, vici
65 Ms. Dunne
66 Felt certain
67 Threat ender
68 - salts

Down
1 One-time Aspen transport
2 Vogue rival
3 Roulette color
4 Not everyone
5 Builds a levee
6 Remove, as branches
7 Sleep like -- --
8 Arched ceiling
9 Upheld
10 Funnel-shaped bin
11 Amherst sch.
12 Thesaurus compiler
13 Angled a nail
21 Two-bagger (abbr.)
23 -- Woods
25 Glitterati member
27 Hit on the head
28 Martha of dental ads
29 Club, briefly
30 Passing grade
34 Impress deeply
35 Lingerie buy
36 Pro -- (in proportion)
37 Hot place
38 Toward sunrise
40 Greeting (hyph.)
41 Not masc.
43 Slangy courage
44 Treeless region
45 Candle ingredient
47 Above, in verse
48 Burr or Spelling
49 Carpentry tool
50 Mountaineer's refrain
52 Bad mood
53 Howard and Reagan
55 Impolite sound
56 Chest-beaters
57 Talk-show host Jay
58 Regard as
61 Big fib

Friday's answer





metro
As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax:** 212-952-1505 • **National and Executive Sales Director** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor, Gossip Editor** Dorothy Robinson, dorothy.robinson@metro.us • **National News Editor** Jill Gadsby, jill.gadsby@metro.us • **City Editor** Allen Houston, allen.houston@metro.us • **Sports Editor** Mark Osborne, mark.osborne@metro.us • **Features Editor, Music Editor** Pat Healy, pat.healy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **Entertainment Editor** Alexandra Cavallo, alexandra.cavallo@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Travel Editor** Meredith Engel, meredith.engel@metro.us • **Careers/Education/Dating Editor** Julia Furlan, julia.furlan@metro.us • **Copy Chief** Tracie Michelle Murphy, tmichelle.murphy@metro.us

Geno Smith throws one up for grabs yesterday against the Steelers' secondary. / GETTY IMAGES

STILL LEARNING

NFL. Geno Smith comes back down to earth after a breakout performance.

As Geno Smith goes, so go the Jets. After what was hailed as a coming-out party last week, Smith struggled in a 19-6 loss to the Steelers.

Smith threw two second-half interceptions, his first one into triple coverage, in a game that reminded everyone he is still a rookie.

"In that [play] you'd like to see us protect the football, be more conscious of it. But again, he's going to try and make the throw he makes there," head coach Rex Ryan said of Smith's first interception. "In that case, obviously hindsight being 20-20, you'd like to see him throw the ball away there and not force it."

In his post game press conference, Smith said he was attempting to throw the ball out of bounds.

"We're not going to make excuses for anything," Ryan said. "Pittsburgh outplayed us and I think that was the most important thing."

KRISTIAN DYER
sports@metro.us

What went wrong

1 Ho-hum Smith
Coming off a statement game against the Falcons when he was 16-of-20 for 199 yards with three touchdowns, Smith was positively underwhelming as he went 19-of-34 for 201 yards and two interceptions. The game had the potential all along to be a nightmare for Smith as long-time Steelers defensive coordinator Dick LeBeau entered the game 15-2 against rookie quarterbacks. Smith looked dumbfounded against the Steelers' coverage packages and compounded the matter when he held onto the ball too long, resulting in three sacks.

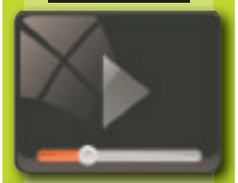
2 No Winslow
The Jets announced on Friday tight end Kellen Winslow was suspended by the league for four games for violation of the league's policy on performance-enhancing drugs. The loss of Winslow was huge for the Jets, given his chemistry with Smith. After a breakout game against the Falcons, tight end Jeff Cumberland stepped into a starting role but had difficulty finding space against the Steelers linebackers. Cumberland did relatively well with four receptions for 59 yards, but without Winslow they lacked a playmaker at the position.

Cumberland was unable to replicate his performance last week. / GETTY IMAGES

3 Ground to a halt
There are no excuses for the Jets not running the ball better. The offensive line is blocking relatively well and they entered the game with three healthy running backs. But the Jets abandoned the run for good chunks of the game, which was surprising since their rookie quarterback struggled to find a rhythm the entire game.

3 SPORTS

Watch online



Find video and recap of yesterday's Jets-Steelers game at: **Metro.us/sports.**

Do You Suffer from Varicose Veins?
VENOUS ULCERS • SPIDER VEINS
LEG SWELLING • LEG FATIGUE & PAIN
ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN
Certified by the American Board of Phlebology
Minimally invasive procedures:
• VNUS Closure/Venefit
• VenaCure Laser
• Asclera • VeinGogh
• ClariVein • Apligraf
Covered by most health insurances including Medicare
Return to Your Normal Activities Within a Day!
212.204.6501
www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com
Downtown Manhattan
111 John St., Ste 1450
New York, NY 10038
(bet Pearl & Cliff St.)
Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

DENTAL IMPLANTS
$395* per Implant
+ post $595
+ Crown $795
Total $1,785
(Nobel Biocare ONLY $100 add'l)
*Implant, post & crown must be completed at our office to qualify for promotional fees
Speak with your Smile Today!
Expires 10/31/2013
Contemporary Dental Implant Centre
CONTEMPORARY DENTAL IMPLANT CENTRE
7 Convenient Locations
41st & Madison Avenue
Brooklyn • Valley Stream
Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park
CT Scan-3D Views of the Jaw now available at our Madison Ave. location.
FREE CONSULTATION
NEW PATIENTS ONLY
Must bring in ad at the time of consultation.
Over 2,000 implants placed each year.
CALL 212-269-9500 TODAY!
Se Habla Español
www.TheNewYorkCenterForDentalImplants.com
OPEN 7 DAYS A WEEK

New York Sack Exchange

Lyons was a member of the Jets from 1979-89 and had 29 career sacks. / GETTY IMAGES

Lyons dedicates place of honor to Jets fans

There was only one way for Marty Lyons to receive his honor yesterday, and that was to accept it on behalf of all Jets fans.

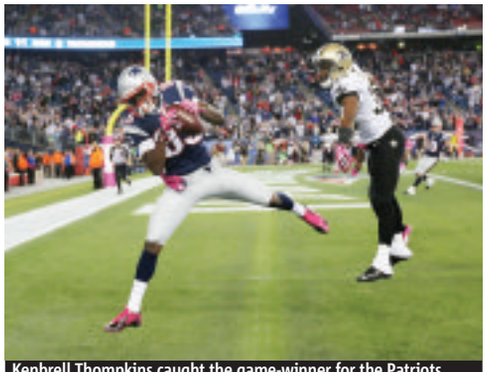
Lyons was officially inducted into the Jets' Ring of Honor, after a sterling 11-year career with the team. Lyons was always the type of player who did the dirty work while in New York, and the induction ceremony gave Jets fans the opportunity to thank a player whose very purpose was to make others around him on the field shine.

In turn, Lyons made it clear the team's long-suffering fans shared in this honor along with him.

"On behalf of my family, my friends, my teammates — from all the fans up top, to all the fans over here, to all the fans in the end zone and all the fans up there — it is truly an honor and a privilege for me to represent each and every one of you as we get inducted into the New York Jets Ring of Honor," Lyons said. **KRISTIAN DYER**

Around the NFL

- **Bengals 27, Bills 24 (OT)** Cincy ran out to a 24-10 lead after three quarters, but had to kick the winner in OT after Bills QB Thaddeus Lewis drove his team to two fourth-quarter scores, including a 40-yard pass with 1:08 left in regulation.
- **Lions 31, Browns 17** All looked good for Brandon Weeden's return to the starting position in Cleveland — and then they played the second half. The Browns blew a 17-7 halftime lead as Matt Stafford had four passing TDs.
- **Chiefs 24, Raiders 7** The final score didn't reflect the struggle Kansas City put up to stay undefeated. Despite just 216 total yards, three Terrelle Pryor picks, including one returned for a touchdown, advanced the Chiefs to 6-0.
- **Panthers 35, Vikings 10** Cam Newton had three touchdowns — plus one more rushing — and no turnovers. Adrian Peterson struggled with just 62 yards as he decided to play despite the death of his son on Friday.



Kenbrell Thompkins caught the game-winner for the Patriots with just five seconds left. / GETTY IMAGES

- **Eagles 31, Bucs 20** The Chip Kelly bandwagon is feeling a little heavier again as the Eagles picked up their second straight road win. It was a good day to be a receiver named Jackson, as the Eagles' DeSean and Bucs' Vincent each caught two scores.
- **Packers 19, Ravens 17** A.J. Hawk had three sacks (and five tackles for loss) in a defensive struggle between two of the last three Super Bowl champions.
- **Rams 38, Texans 13** The death spiral for the Texans continues — with the fans cheering an injured Matt Schaub. Sam Bradford had three touchdown passes. Houston has now lost four straight.
- **Seahawks 20, Titans 13** Steven Hauschka is fine and the Seahawks are likely 5-1 because of it. After the Seattle kicker was injured, and a disastrous field-goal attempt by the punter gave the Titans a 77-yard TD return, Hauschka returned to kick two field goals in the win.
- **Broncos 35, Jaguars 19** There was no Mile High Miracle, but the 0-6 Jags did acquit themselves nicely in a loss. Meanwhile, Knowshon Moreno had three second-half touchdowns.
- **Patriots 30, Saints 27** New England made an epic comeback to knock off the undefeated Saints and prevent a two-game losing streak. Kenbrell Thompkins caught a score with seconds remaining after the Saints twice failed to salt the game away with a first down.
- **49ers 32, Cardinals 20** San Francisco pulled away late with 10 fourth-quarter points, including an 18-play, 89-yard drive that took 9:32 and finished with a Kendall Hunter TD.

212.457.7823 • JOHAN.SVENNERHOLM@METRO.US

ACCIDENTS & INJURIES

- Truck / Car
- Medical Errors
- Cerebral / Erbs Palsy
- Police Brutality
- False Arrest
- Construction
- Slips / Falls
- Bedsores

WHEN THE CARELESS NEEDLESSLY ENDANGER THE PUBLIC SAFETY CAUSING HARM, YOU MAY BE ENTITLED TO COMPENSATION

212-926-0050

Rawlins Law Firm | No fee unless successful Free Consultation 24/7

BANKRUPTCY

Overwhelmed With Debt and Want a New Start? Then Call Bankruptcy Attorney

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist,
Low Fee, One Set Fee, Installments,
Personalized Attention, Free Consultation

First Step to a Second Start!

1-800-710-7250 Call 24 Hrs

HURT IN A FALL?

Falls on Sidewalks & in Buildings
Car Accidents • All Accidents
Free Consultation • No Fee Until We Win
30 Years Experience

LAW OFFICE OF MITCHELL FIRST, ESQ.
233 BROADWAY, ROOM 2201, NY NY

INJURED?
NEED A LAWYER
CALL NOW 212-571-9200

FREE CONSULTATION • NO WIN NO FEE
*Available 24/7 • $76 million in Claims 98% WIN RATE!

www.Fight4Injury.com
Feiner & Lavy, P.C. Attorneys at law
325 Broadway, NY NY 10007
Español עברית العربية

WILLIAMS

Focus in Employment Law for:

- Small business: Competent and experienced counseling at reduced rates.
- Individuals: Claims for wrongful termination, harassment, discrimination, FMLA, unpaid bonuses and overtime, etc.

Contact Gabriel Williams at (917) 525-2683 for a free consultation!

The Law Office of Gabriel Williams, LLC

Other Areas of Practice

- Civil Litigation
- Criminal Law
- Business Law
- Real Estate
- Immigration

NEW YORK AND CONNECTICUT
New York Office: 1221 Avenue of the Americas, Suite 4200, New York, NY 10020
In-person meetings by appointment only

Medical Research DIRECTORY

To place an ad call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

WORRIED YOU'RE VITAMIN D DEFICIENT?

Seeking overweight or diabetic participants 21- 65 years old for research about Vitamin D deficiency and diabetes. Studies involve placing IVs and muscle & fat tissue biopsies.

Free initial medical screening
$800-1200 for 3-6 visits*
*Payment and # of visits vary depending on which study you qualify for

Albert Einstein College of Medicine | Sarah Reda - Study Coordinator **718.430.2903**

FREE ONE ON ONE RESEARCH COUNSELING

HAVE YOU SUFFERED A TRAUMA?
DO YOU USE ALCOHOL OR DRUGS TO COPE?

AN OPPORTUNITY TO RECEIVE COMPENSATION

- RESEARCH TREATMENT STUDY AT THE CITY COLLEGE OF NEW YORK.
- INDIVIDUAL THERAPY SESSIONS.
- SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT.

212-650-5177

THE CITY UNIVERSITY OF NEW YORK
138TH & AMSTERDAM

GCO 09-0194
Mount Sinai **Seeking Research Volunteers**

Did you recently quit heroin?

Interested in a research treatment that could help decrease the craving?

Please contact our research staff to learn more about our clinical trial.

212-824-9313

Compensation will be provided for your participation.
All Information Kept Confidential

Search and enroll in a local study on

ZipTrials.us
Powered by metro

ASTHMA RESEARCH STUDY

Do you use an Asthma inhaler daily? Have you had an attack in the last year that required treatment at a Hospital, ER, or Doctor's Office

Call 718-673-1971 today so we can determine if you are eligible.

adminsleepcenter@gmail.com

Suffering from terrible anal pain? Does it hurt to go to the bathroom?

You may have an anal fissure.
(We're completely serious and may be able to help)

You may qualify for a research study of an investigational cream. All study related medication and treatment will be provided at no cost. You do not need health insurance to participate. If eligible, you will be compensated for time and travel.

To find out if you qualify, email VEN307@ventrusbio.com call 855-4-PAINAF (855-472-4623) or visit www.clinicalstudysites.com

Spa & Massage Directory

To place an ad call Mark Bonanni at 212.457.7754 or email MARK.BONANNI@METRO.US

SEARCH IT. FIND IT. BUY IT.

metroclassifieds

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

For Sale

WANTED COMICS... Collector looking for Pre-1975 Comics, toys, sports cards & Collectibles. Paying top $$$ In town buying.Call David (310) 967-9349

Real Estate/Sale

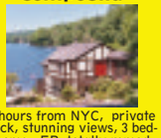
PUBLISHERS NOTE
All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Land

Columbia County 130 Acres Good Hunting - Farmland Contact: DT : 518.794.7744 NT: 518.794.7697

Homes

MUST SEE
Designer compound



2 hours from NYC, private dock, stunning views, 3 bedrooms, FP, totally remodeled, granite, soaring glass, income cottage, generator, pedal boats and +. **Price reduced by $80k to $599.900 Owner /Agent 203-980-4514**

Real Estate/Rent

Rooms

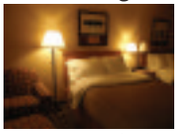
All Manhattan & Bronx

Furnished Rooms For Rent ! Cable/Internet Ready! Move in Today! All Utilities Inc.! Starting Just $125/wk! **Call Us Now: (212)368-2685**

Affordable Furnished Rooms in Manhattan

Utilities Included Same Day Move In Cable, TV, Internet No Credit Check $125 per week Call 212-862-0457

100's Available, All Boroughs



Private Entry Bath Cooking 1 Person/2 Person $125wk/up room rentals 212-697-3962

Jobs

Miscellaneous

STOP CHASING JOBS!
BUILD YOUR OWN BUSINESS WITH UNLIMITED INCOME P/T TAKE CONTROL AND CHANGE YOUR LIFE. START NOW! **LESS THAN $400 INVESTMENT CALL 347-620-5157 24HRS.**

Activist Jobs!
Campaign to: -Keep Birth Control Affordable -Defend a Woman's Right to Choose - Protect Reproductive Rights $12-$16/hr FT/PT/Career **Call Janet at (212) 219-1502**

GUARDS NEEDED
FOR CORPORATE & RESIDENTIAL SITES.
No exp needed. No Felonies. FT/PT benefits +Union/401K Pays:14.25-$20/Hr. **Call 347-351-6447**

Security / Law Enforcement

FIREGUARDS/ OFFICERS
FT/PT Pays $13.00-23.45/hr. Morns/ Noon shifts Full benefits +Union 401k **Call 347-331-8696**

Sales / Marketing

Inmediate Interviews!
Authorized Solutions Provider for Veizon. Paid Wkly. No Exp. Nec. Up to $750+/wk! **888-493-5456**

Jobs

Healthcare

Healthcare

Healthcare

ACCESS CAREERS, BROOKLYN

- Nurse Aide / Assistant (CNA)
- EKG & Phlebotomy
- Pharmacy Technician
- Patient Care Technician (PCT)
- MS Office/ CPR

Are You HHA? Upgrade to PCT

*Licensed by NYSED

- Medical Assistant
- Com. Networking (A+, MCSE, CCNA)
- Com. Programming (C++, .Net, QA, BA)
- ESL (Free If you Qualify)

* Financial Aid If Qualify

Call Now: 866-487-5432
www.AccessCareers.edu
25, Elm Place, #201, Brooklyn, NY -11201

VITAL CAREERS START HERE!

Medical Assistant
Surgical Technologist
Respiratory Therapist

EARN YOUR ASSOCIATES DEGREE, *NOT* just a certificate!

OTHER PROGRAMS:
- HEALTHCARE ADMINISTRATION (MEDICAL BILLING AND CODING)
- DENTAL ASSISTANT
- PHARMACY TECHNICIAN
- TRANSFER CREDITS ACCEPTED
- DAY/EVE/WEEKEND COURSES
- EARN COLLEGE CREDITS
- FLEXIBLE SCHEDULES

CALL TODAY! 1-855-626-3504

OUR ADVISORS WILL HELP EVERY STEP OF THE WAY
254 W 54th Street
www.mandl.edu

MANDL SCHOOL
THE COLLEGE OF ALLIED HEALTH

JOBS TRAINING
PCT • CNA • HHA • EKG/PHLE/Pharm Tech
MEDICAL ASSISTANT • A+, BA, QA, SAP
CNA FREE Training if eligible
SOLAR TECH
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus • 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

Ultrasound
Med Assistant (RMA)
Pharmacy Tech (PCTC)
Dialysis Technician

Nursing Assistant (CNA)	$699
EKG & Phlebotomy Combo	$699
Patient Care Technician (CPCT)	$699
Medical Billing (CBCS)	$699
Med Off Administration (CMAA)	$999
Pharmacy Technician (PTCB)	$999
CPR (By American Heart Association Valid 2yrs)	$80

Financial Aid Available If You Qualify

ACCREDITED INSTITUTE
NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

Work From Home

$1,000 WEEKLY or more guaranteed salary mailing our financial company letters from home. No experience required. FT/PT. Genuine opportunity. Rapid Advancement. Free Information (24/7) : 1-888-557-5539

General Help Wanted

Field Inspector - Firm seeks part time, entry level inspector for NYC. Reliable car, PC, MSWord, Camera.$13-16hr. Email:inspectors @regencyinspections.com

General Help Wanted

Business Opportunity-Owner/ Operator-Open House
Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to $1,000+/month. Must have dependable car. Call 646-277-3795 for details

Ashmatt Employment Agency
50 job openings
Factories, Restaurants, Stores, Cashiers, Domestics and more
(718) 478-5690

General Help Wanted

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr. David (212) 563-7500

Transportation / Travel

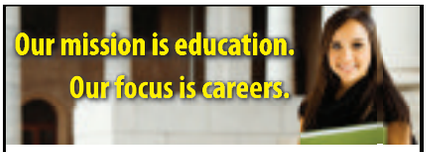
Wanted TLC Licensed Drivers
Wanted TLC licensed drivers 6 days a week Saturdays and national holidays off).
-We pay $130 per day, $780 per week in form of check-(1099).
-Contact Igor at 917 560-0780 from 1 - 8pm.

Career Training

OPEN HOUSE
Saturday 12pm to 3pm

Saturday Baking Program
Located at 10th avenue between 33rd and 34th St
Call 347.290.2751

Interested in Healthcare, but don't know where to start?
Get your copy of the Healthcare Career Guide. Learn about healthcare opportunities, training options, and where the industry is going. Inform yourself on the steps you can take to be a part of the healthcare trade. Start today, call now!
Call now, to get your copy!
866-933-2444
Sanford-Brown Institute • New York, NY • Garden, City
Licensed by the New York, State Education Department
Programs vary by campus
sanfordbrown.edu



Our mission is education. Our focus is careers.

BRAMSON ORT
COLLEGE www.BramsonORT.edu

Fall 2013 Registration is in Progress!
- Financial Aid For Qualified Students
- Day, Evening, & Sunday Classes
- Exam Prep & Free Tutoring
- Affordable Tuition
- Small Class Size
- Career Internships
- Job Placement Services
- Modern Labs
- Veterans are Welcome

REGISTER TODAY
OPEN HOUSE EVERY WEDNESDAY!

- Accounting, Business, & Paralegal
- Medical Assistant, Billing & Coding, Pharmacy Technician
- Information Technology, HVAC & CADD, Programming, Electronics
- Graphic & Web Design • Game Design and More!

Queens Campus 866-644-2925
Brooklyn Campus 866-854-5014

THE BRAMSON ORT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

Deliver the Good News!
Start training now in **DIAGNOSTIC MEDICAL ULTRASOUND.**
Learn to take ULTRASOUND images and make a difference one heartbeat at a time. Call Sanford-Brown!
Call now to get started!
866-861-1444
Sanford-Brown Institute • New York, NY • Garden, City
Licensed by the New York, State Education Department
Programs vary by campus
sanfordbrown.edu

NEEDED: People to train in Non-invasive CARDIOVASCULAR TECHNOLOGY!
Train in this exciting field and you could help save lives!
Call now to get started!
866-932-7444
New York, NY • Garden City, NY
Licensed by the New York, State Education Department
sanfordbrown.edu
Programs vary by campus

Want to make a change in your life? Interested in healthcare?
We offer hands-on training in a variety of healthcare fields. Classes starting soon!
START TODAY!
866-942-6444
SBI Campus – an affiliate of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

Tired of your Job?
Want to pursue a new a career?? Not sure where to start???
With training in Medical Assisting, you too can start a new chapter in your life! Degree program available!
Call now to get started!
888-350-8333
SBI Campus – an affiliate of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Pets

Dog Grooming Special
$30 Bath/Haircut. 20 lbs and under. Day/Saturday/ Evening $25 Night Appts. American Academy of Pet Grooming. AAOPG 202 East 25th St. Call 212-686-3890

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 1272671, for On-Premises Liquor license has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar under the Alcoholic Beverage Control Law at 131-74 Maple Avenue, Flushing, NY 11355 for on-premises consumption. 88 Degrees, Inc.

Services

Health & Beauty

Never Shave Again!
Laser Hair Removal Specials
Lip, Chin or Underarms $50
Brazilian or Bikini $150
Full Face, Neck or Back $150

Pamper Yourself

2 Treatments for $99
Deep Pore Cleansing Facial
Microdermabrasion
60 min Aromatherapy Massage
Slimming and Detoxifying Body Wrap
LPG Cellulite Reduction
Nina's Day Spa & Laser Center
212.594.9610

Miscellaneous

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0526

Psychic

AMAZONIAN SHAMAN SPIRITUALIST

Call now (347) 4745886

I HELP WITH :
Luck and money problems clean black magic spells get protection from enemies Court and legal problems Remove all kinds of EVIL SPELLS from persons, homes or business.

MORE THAN 50 YEARS OF EXPERIENCE

Natural born Psychic and Spiritual healer

Are you suffering for love? Are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you? Do you feel like some one has put a curse on you?

Stop suffering call me now -------347 474 5886 -------

CLIENT TESTIMONIAL
My name is Samantha I started losing all my hair and a bad rotten smell starting coming out of my skin, my mother told me it could be and Evil spell, so i decided to visit Mr Shaman and he told me that another female was using black magic on me, He removed the Evil Spell and then He showed me the face of the person who was doing it, it turn out to be my husband ex-wife who was trying to get back with him, than you Mr Shaman you Saved My life and my marriage.

Read all my clients testimonials on my website: www.amazonianshaman.com

-------Guaranteed Results------ CALL NOW (347) 474-5886 Readings in Manhattan and New Jersey

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST SOLVES ALL YOUR ISSUES, LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
QUICK RESULTS
www.africanmedium.com

Psychic

Mr. Mamadou African Spiritual Healer
Specialist in all effective problem: Bringing love one back,removing bad spells and black magic,success in business,financial problem,exam and much more... I can help you be happy again 347-835-5236

Spiritual Advisor from INDIA Pandit: Jaganmohan

There is no life without Problem and There is no Problems without Solution. HOPE IS LIFE. For each Problem, Pandit can provide Strong Spiritual Solutions. Removes Black Magic, Gives Protection, Solves Problems: Work, Health, Depression, Money, Jealousy, Etc. Call Pandit today. **144 Lawrence St, Brooklyn NY 11201 (Inside Raksha Spa & Office of ASA College)**

SERIGNE
917-679-1518

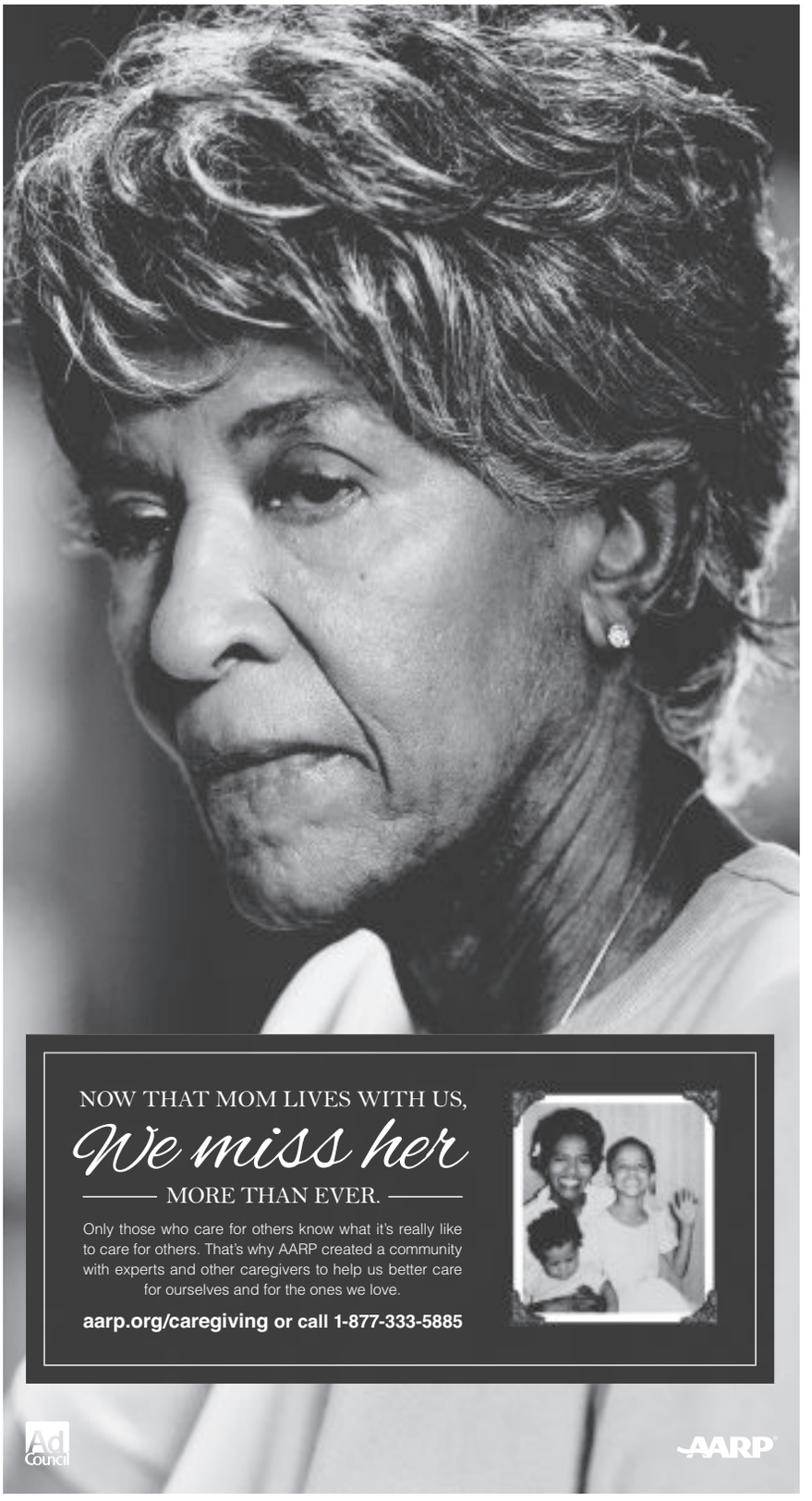
Spiritual Reader & Coach bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job,success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection.
FAST RESULTS

africanpsychicnyc.com

UNIQUE SPIRITUALIST INDIA PANDIT: SIDDHARTH

Palm Reading Expert. Removes Black magic, Voodoo, Obeya, Witchcraft, Butu, Jadoo & all Evils and Gives Protection. Solves problems like Love, Marriage, Business, Job, Money, Kids, Health, Court, Relationship, Divorce, Children Problems, Personal Matters, Negativity and Gives quick results GURANTEED SOLUTIONS. 107-11 120th, 107th Ave Richmond Hill, NY

Phone Services


NOW THAT MOM LIVES WITH US,
We miss her
MORE THAN EVER.
Only those who care for others know what it's really like to care for others. That's why AARP created a community with experts and other caregivers to help us better care for ourselves and for the ones we love.
aarp.org/caregiving or call 1-877-333-5885
Ad Council
AARP

FREE PERSONALITY TEST

Test the 10 key traits that determine your future **success** and **happiness**, and find out how to improve them.

(212) 921-1210 **Church of Scientology of New York** 227 W 46th St.

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Careers

PLACE A LEGAL / PUBLIC NOTICE:
Name Changes, Liquor Licenses, Sidewalk Café Call for quote
(212) 457,7856 *or*
jim.colarusso@metro.us

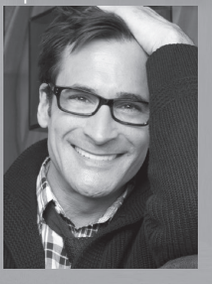
SEARCH IT. FIND IT. BUY IT.
metro classifieds

LOOK WHAT'S HAPPENING!

Macy's presents Fall's Five Career Essentials with lifestyle expert Lawrence Zarian

Macy's Herald Square
Women's on 5
Wednesday, October 30
at 6pm

Update and look great!



Spruce up your professional style this season with the five wardrobe staples you'll need to make your mark! Style expert Lawrence Zarian of *Live With Kelly and Michael* and *The Steve Harvey Show* will show you how quickly these easy pieces can change your wardrobe! Enjoy sweet treats and hot tunes from our DJ while you shop.

A token of appreciation

Enjoy a deluxe sample of the #1 selling They're Real Mascara from Benefit Cosmetics. Stop by the brow bar for a free brow consultation from our brow experts and take home a They're Real cosmetic case* and Deluxe Mini of Sunbeam* with your Benefit purchase of $50 or more!

the magic of macy's .com

BLOG APP

Events subject to change or cancellation. *While supplies last. One per customer. Qualifying purchase must be made at Macy's Herald Square on 10/30/13.